

Penn Hills Charter School Breakfast November 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			November 1 Chocolate Chunk Oatmeal Bar Benefit Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	November 2 Mini Cinis Fresh Fruit & Juice Low Fat/Fat Free Milk
November 5 WG Blueberry Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	November 6 Cinnamon Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	November 7 Breakfast Taco/ Banana Bread Slice Fresh Fruit & Juice Low Fat/Fat Free Milk	November 8 Cocoa Chip Benefit Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	November 9 Powdered Superstar WG Donuts Fresh Fruit & Juice Low Fat/Fat Free Milk
November 12 Chocolate Chip Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	November 13 Apple Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	November 14 2 HR Delay No Breakfast	November 15 Chocolate Chunk Oatmeal Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	November 16 Mini Cinis Fresh Fruit & Juice Low Fat/Fat Free Milk
November 19 Banana Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	November 20 Cinnamon Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	November 21 Thanksgiving Recess No School	November 22 Thanksgiving Recess No School	November 23 Thanksgiving Recess No School
November 26 Thanksgiving Recess No School	November 27 Apple Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	November 28 Sausage, Egg, Cheese On a English Muffin / Zucchini Bread Slice Fresh Fruit & Juice Low Fat/Fat Free Milk	November 29 Cocoa Chip Benefit Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	November 30 Mini Cinis Fresh Fruit & Juice Low Fat/Fat Free Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Alternate Breakfast Options May Include:

Peanut Butter & Jelly Bar Or Cereal with Crackers

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



**Whole Grains
Available Daily**

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free White and Low Fat White

**Proud to manage your
food service program**



The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Penn Hills Charter School of Entrepreneurship Lunch Menu November 2018-2019



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
			November 1 Buffalo Chicken Dip with Tortilla Chips Peas & Carrots Pineapple Tidbits Low Fat/Fat Free Milk	November 2 Homemade Chili with Crackers Steamed Corn Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
November 5 Swedish Meatballs Over Noodles Steamed Broccoli Mandarin Oranges Low Fat/Fat Free Milk	November 6 Elections Day No School	November 7 Italian Dunkers with Marinara Steamed Corn Diced Pears Low Fat/Fat Free Milk	November 8 General Tso Popcorn Chicken with Rice Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	November 9 Creamy Macaroni & Cheese with Roll Steamed Broccoli Tropical Pineapple Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
November 12 Beef Nachos with Cheese Refried Beans Mixed Fruit Salad Low Fat/Fat Free Milk	November 13 Popcorn Chicken Bowl Mashed Potatoes Mandarin Oranges Low Fat/Fat Free Milk	November 14 Fish Stick Taco with Shredded Cheddar Oven Fries Diced Pears Low Fat/Fat Free Milk	November 15 Roast Turkey with Stuffing and Gravy Green Beans Applesauce Peach Crisp Low Fat/Fat Free Milk	November 16 Corn Dog Nuggets Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
November 19 Meatball Hoagie with Mozzarella Cheese Oven Fries Applesauce Low Fat/Fat Free Milk	November 20 Walking Taco Steamed Corn Mixed Fruit Salad Low Fat/Fat Free Milk	November 21 Thanksgiving Recess No School	November 22 Thanksgiving Recess No School	November 23 Thanksgiving Recess No School	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
November 26 Thanksgiving Recess No School	November 27 French Toast Sticks & Sausage Tater Tots Sliced Peaches Low Fat/Fat Free Milk	November 28 Buffalo Chicken Alfredo Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	November 29 General Tso Popcorn Chicken with Rice Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	November 30 Sloppy Joe on a Bun Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun