

# Penn Hills Charter School Breakfast December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 3</b> WG Chocolate Chip Muffin Fresh Apples & Juice Low Fat/Fat Free Milk	<b>December 4</b> Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>December 5</b> Zucchini Bread Slice Or Breakfast Taco Apple Slices & Juice Low Fat/Fat Free Milk	<b>December 6</b> French Toast Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>December 7</b> Powdered Sugar Mini WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>December 10</b> WG Blueberry Muffin Fresh Apples & Juice Low Fat/Fat Free Milk	<b>December 11</b> Apple Roll Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>December 12</b> Cinnamon Bread Slice Or Sausage Cheese Muffin Apple Slices & Juice Low Fat/Fat Free Milk	<b>December 13</b> Oatmeal Chocolate Chip Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>December 14</b> Cherry Frudel Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>December 17</b> WG Banana Muffin Fresh Apples & Juice Low Fat/Fat Free Milk	<b>December 18</b> Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>December 19</b> Wild Berry Bread Slice Or Bagels with Cream Cheese Apple Slices & Juice Low Fat/Fat Free Milk	<b>December 20</b> Apple Cinnamon Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>December 21</b> Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
December 24 <b>Winter Break</b>	December 25 <b>Winter Break</b>	December 26 <b>Winter Break</b>	December 27 <b>Winter Break</b>	December 28 <b>Winter Break</b>
December 31 <b>Winter Break</b>				

## 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 December 2018



## 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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EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<b>December 3</b> Deluxe Steak & Cheese Sub Green Beans Mixed Fruit Low Fat/Fat Free Milk	<b>December 4</b> Sweet & Spicy BBQ Chicken Bowl Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	<b>December 5</b> Swedish Meatballs Over Noodles Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk	<b>December 6</b> French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	<b>December 7</b> Creamy Macaroni and Cheese with Roll Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
<b>December 10</b> Tuna Salad Pita Steamed Carrots Diced Pears Low Fat/Fat Free Milk	<b>December 11</b> Beef Nachos w/ Cheese Corn & Black Bean Salad Applesauce Low Fat/Fat Free Milk	<b>December 12</b> Sliced Ham Au gratin Potatoes Steamed Broccoli Mandarin Oranges Low Fat/Fat Free Milk <b>Holiday Cookie</b>	<b>December 13</b> BBQ Grilled Chicken on a Bun Oven Fries Applesauce Low Fat/Fat Free Milk	<b>December 14</b> Grilled Cheese Sandwich Tomato Soup (2 oz) Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
<b>December 17</b> Loaded Fries with Beef and Cheese Steamed Carrots Applesauce Low Fat/Fat Free Milk	<b>December 18</b> Chicken 'n' Waffle w/ Syrup Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	<b>December 19</b> Pasta with Meat Sauce Blended Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	<b>December 20</b> General Tso Chicken Broccoli Applesauce Low Fat/Fat Free Milk	<b>December 21</b> Buffalo Chicken Dip with Tortilla Chips Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
<b>December 24 / 31</b> <b>Winter Break</b>	<b>December 25</b> <b>Winter Break</b>	<b>December 26</b> <b>Winter Break</b>	<b>December 27</b> <b>Winter Break</b>	<b>December 28</b> <b>Winter Break</b>	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza