

Penn Hills Charter School Breakfast January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			January 3 Cinnamon Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	January 4 Powdered Mini Donuts Fresh Fruit & Juice Low Fat/Fat Free Milk
January 7 WG Banana Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	January 8 Apple Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	January 9 Banana Bread Slice Or Breakfast Taco Fresh Fruit & Juice Low Fat/Fat Free Milk	January 10 Chocolate Chunk Oatmeal Benefit Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	January 11 Mini Cinis Fresh Fruit & Juice Low Fat/Fat Free Milk
January 14 Chocolate Chip Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	January 15 Cinnamon Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	January 16 2 Hour Delay	January 17 French Toast Breakfast Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	January 18 Chocolate Mini Donuts Fresh Fruit & Juice Low Fat/Fat Free Milk
January 21 MLK DAY NO SCHOOL	January 22 Apple Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	January 23 Wild Berry Bread Slice Or Sausage & Cheese Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	January 24 Cocoa Breakfast Bar Fresh Fruit & Juice Low Fat/Fat Free Milk	January 25 MLK DAY NO SCHOOL
January 28 WG Blueberry Muffin Fresh Fruit & Juice Low Fat/Fat Free Milk	January 29 Cinnamon Roll Fresh Fruit & Juice Low Fat/Fat Free Milk	January 30 Zucchini Bread Slice Or Bagels with Cream Cheese Fresh Fruit & Juice Low Fat/Fat Free Milk	January 31 Apple Blueberry Chip Breakfast Bar 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**



*** All Breakfast Items are whole grain products**

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 January 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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EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
	January 1 New Years Day	January 2 Winter Recess	January 3 General Tso Popcorn Chicken with Rice Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk	January 3 Corn Dog Nuggets Tater Tots Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
January 7 Meatball Hoagie Crinkle Cut French Fries Diced Pears Low Fat/Fat Free Milk	January 8 Beef Nachos w/ Cheese Black Bean and Corn Salad Applesauce Low Fat/Fat Free Milk	January 9 Sweet & Spicy BBQ Chicken Bowl Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	January 10 Homemade Meatloaf Creamy Mashed Potatoes Gravy Mixed Fruit Low Fat/Fat Free Milk	January 11 Macaroni & Cheese with Roll Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
January 14 Grilled Cheese Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	January 15 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Mixed Fruit Salad Low Fat/Fat Free Milk	January 16 Buffalo Chicken Dippers Green Beans Diced Pears Low Fat/Fat Free Milk	January 17 General Tso Popcorn Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	January 18 Loaded Fries w./ Beef and Cheese and Bread Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
January 21 MLK Day No School	January 22 Beef Nachos w/ Cheese Seasoned Green Beans Applesauce Low Fat/Fat Free Milk	January 23 Italian Dunkers with Marinara Green Beans Diced Pears Low Fat/Fat Free Milk	January 24 Pizza Pasta Bake With Bread Slice Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	January 25 Clerical Day No School	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
January 28 Teriyaki Chicken & Vegetables over Fluffy Rice Applesauce Low Fat/Fat Free Milk	January 29 Chicken 'n' Waffle w/ Syrup Tater Tots Sliced Peaches Low Fat/Fat Free Milk	January 30 Popcorn Chicken Bowl Mashed Potatoes Pineapple Tidbits Low Fat/Fat Free Milk	January 31 General Tso Popcorn Chicken with Rice Steamed Broccoli Mixed Fruit Salad Low Fat/Fat Free Milk		