



SUN

MON

TUE

WED

THU

FRI

SAT

DIRECTOR OF FOOD AND SERVICE

**Darlene Shook**

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Darlene.shook@phcharter.org



STUDENTS MEALS ARE  
**FREE**  
FOR THE ENTIRE YEAR

**Milk Choices May Include:**  
1% White Milk, Fat Free Chocolate Milk, and Lactaid Milk

**Daily Entrée Options:**  
PB & Jelly with String Cheese  
Chef's Salad with WG Rolls

01

**Breakfast**

Mini Donuts, Apple Cinnamon Cheerios, Apple, Juice Variety, 1% White, 1% Chocolate, 1% Strawberry, Skim

**Lunch**

Walking Taco, Chicken Nuggets, Baked Beans, Pineapple Tidbits, 1% White, 1% Strawberry, 1% Chocolate, Skim

02

**Breakfast**

Benefit Bar, Lucky Charms w Bugbite Crackers, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Buffalo Chicken Dip, Sloppy Joe, Tator Tots, Side Salad, Orange, 1% White, 1% Chocolate, 1% Strawberry, Skim

03

(No School)

04

(No School)

05

**Breakfast**

Benefit Bar, Lucky Charms w Bugbite Crackers, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Chicken Sticks w/Sunchips, Beef Nachos, Corn, Side Salad, Peaches, 1% White, 1% Chocolate, 1% Strawberry, Skim

06

**Breakfast**

Bagel w/creamcheese, Golden Grahams w/Bugbite crackers, Apple, Juice Variety, 1% White, 1% Chocolate, 1% Strawberry, Skim

**Lunch**

Mandarin Orange Chicken over Rice, Turkey Corndogs, Broccoli, Carrots w/dip, Fruit Salad, 1% White, 1% Chocolate, 1% Strawberry, Skim

07

**Breakfast**

Reeses Puffs w/Bugbite crackers, Cherry Fruedel, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Turkey Potpie, Meatball Sandwich, AuGratin Potatoes, Side Salad, Apple, 1% White, 1% Strawberry, 1% Chocolate, Skim

08

**Breakfast**

Apple Cinnamon Cheerios, Mini Donuts, Apple, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Calzone, Hot Italian Hoagie, Broccoli, side salad, Pear halves, 1% White, 1% Strawberry, 1% Chocolate, Skim

09

**Breakfast**

Lucky Charms w/Bugbite crackers, Parfait w/craisins, Orange, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Pizza, Popcorn Chicken, Baked Beans, Side salad, Baked Apples, Side Salad, 1% White, 1% Chocolate, 1% Strawberry, Skim

10

(No School)

11

(No School)

12

**Breakfast**

Donut, Cinnamon Toast Crunch w/ Bugbite crackers, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Spicy Chicken Patty Sandwich, Hot Italian Hoagie, Baked Beans, Side Salad, Pineapple Tidbits, 1% White, 1% Chocolate, 1% Strawberry, Skim

13

**Breakfast**

Egg Taco, Reeses Puffs Cereal w/Bugbite Crackers, Fresh Fruit, Juice Variety, 1% White, 1% Chocolate, 1% Strawberry, Skim

**Lunch**

Mac and Cheese, Chicken Nuggets, Roasted Carrots, Celery Sticks w/ranch, Red delicious Apple, 1% White, 1% Strawberry, 1% Chocolate, Skim

14

**Breakfast**

Parfait w/craisins, Reeses Puffs w/ Bugbite crackers, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Swedish Meatballs over Noodles, Chicken Nuggets, Broccoli, Celery Sticks w/ ranch, Apple, 1% White, 1% Chocolate, 1% Strawberry, Skim

15

**Breakfast**

Cinnamon Toast Crunch, Banana Muffin, Apple, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Chef Salad w/roll, General Tso Chicken over rice, Broccoli, Applesauce, 1% White, 1% Strawberry, 1% Chocolate, Skim

16

**Breakfast**

Cherry Fruedel, Reeses Puffs, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Pizza Sticks w/sauce, Turkey corndog, French Fries, side salad, Pineapple tidbits, 1% White, 1% Strawberry, 1% Chocolate, Skim

17

(No School)

18

(No School)

19

**Breakfast**

Cinnamon Toast Crunch, Parfait w/ Craisins, Apple, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Cheese Steak Hoagie, Turkey Ham and Cheese Hoagie, Fries, Applesauce, 1% White, 1% Strawberry, 1% Chocolate, Skim

20

**Breakfast**

Cocoa Puff cereal bar, Golden Graham Cereal w/Bug Bite crackers, Red Apple, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

HOLIDAY MEAL, TURKEY DINNER, 1% White, 1% Strawberry, 1% Chocolate, Skim

21

**Breakfast**

Mini French Toast Bites, Cinnamon Toast Cereal w/slice of bread, Fresh Fruit, Juice Variety, 1% White, 1% Strawberry, 1% Chocolate, Skim

**Lunch**

Pizza, Corndog Nuggets, Broccoli, Carrots and Celery w/ranch, Applesauce, 1% White, 1% Strawberry, 1% Chocolate, Skim

22



STAFF PD  
(No School)

23



Winter Break

24



Winter Break

25



Winter Break

26



Winter Break

27



Winter Break

28



Winter Break

29



Winter Break

30



Winter Break

31



Winter Break