

PENNS GROVE HIGH SCHOOL CAFE'

pgcpschools.org

Website of the month:
www.farmtoschool.org



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
Week of January 1, 2019						
Main Entrée ▶	EMPLOYMENT OPPORTUNITIES ! Substitute Food Service workers needed. Call (856) 299-6300 ext. 3225 for more information.	SCHOOL CLOSED: WINTER RECESS	Cheeseburger on WG Bun	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	WG Pizza w/wo Toppings	
Choose Two Vegetables ▶			Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Chic Pea Salad Golden Corn Niblets Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip
Choose Fruit ▶			Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit
Week of January 7, 2019						
Main Entrée ▶	Cheesesteak Sandwich on WG Torpedo Roll	Toasted Cheese Sandwich on WG Bread (2)	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	Beef Taco w/Brown Rice, Fixins & Salsa on WG Tortilla Wraps (2)	WG Pizza w/wo Toppings	
Choose Two Vegetables ▶	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Seasoned Green Beans	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Gems Mixed Vegetables	Seasoned Broccoli Carrot Sticks w/Dip Refried Beans Golden Corn Niblets Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip	
Choose Fruit ▶	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	
Week of January 14, 2019						
Main Entrée ▶	Cheesesteak Sandwich on WG Torpedo Roll	Regular or Spicy Chicken Strips w/WG Bread Slice	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	Chicken Alfredo w/WG Pasta & WG Bread Stick	WG Pizza w/wo Toppings	
Choose Two Vegetables ▶	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Gems Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potatoes Seasoned Green Beans	Tossed Caesar Salad Carrot Sticks w/Dip Vegetarian Beans Golden Corn Niblets Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip	
Choose Fruit ▶	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	
Week of January 21, 2019						
Main Entrée ▶	SCHOOL CLOSED: MARTIN LUTHER KING, JR.	Meatball Sandwich on WG Torpedo Roll	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	Chicken Patty Parmesan on WG Bun w/WG Pasta	WG Pizza w/wo Toppings	
Choose Two Vegetables ▶		Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Golden Corn Niblets Celery Sticks w/Dip	Tossed Caesar Salad Carrot Sticks w/Dip Chic Pea Salad Hash Brown Potato Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip	
Choose Fruit ▶		Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	
Week of January 28, 2019						
Main Entrée ▶	Popcorn Chicken w/WG Bread Slice	Bacon Burger w/wo Cheese on WG Bun	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	French Toast Sticks w/Sausage Patty	This institution is an equal opportunity provider. ~~~~~ Esta institución es un proveedor que ofrece igualdad de oportunidades.	
Choose Two Vegetables ▶	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Seasoned Green Beans	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Gems Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip		
Choose Fruit ▶	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit		

Breakfast Service Daily 7:15 a.m. in the Cafeteria (\$1.50 Paid - \$.30 Reduced Price)

Breakfast includes your choice of at least 3 of the items offered: Cereal bowl w/1 pk. crackers, bagel w/cream cheese, yogurt or muffin, fruit and milk. One item must be a vegetable, fruit or fruit juice. *Hot breakfast sandwich option served on Tuesday and Friday each week.

Lunch Service Daily: (\$2.85 Paid - \$.40 Reduced Price)

Includes milk, fruit, vegetable, whole grains (WG) and meat/meat alternate. Students must select one serving of fruit or vegetable. Preplated salads and cold sandwiches are available as an entrée option daily. A variety of low fat and fat free milk offered daily.

Snacks and beverages are available for purchase.

Make online payments at: www.paypams.com Menu is subject to change.

Caution: Common food allergen triggers such as, but not limited to, dairy, eggs, fish, milk, nuts, soy and wheat may have come into contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.

Colleen M. Green, Food Service Director (856) 299-6300 ext. 3225