

PENNS GROVE MIDDLE SCHOOL CAFE'

pgcpschools.org

Website of the month:
www.cdc.gov/flu



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Week of February 1, 2019					
Main Entrée ▶	EMPLOYMENT OPPORTUNITIES ! Substitute Food Service workers needed. Call (856) 299-6300 ext. 3225 for more information				WG Pizza w/wo Toppings
Choose Two Vegetables ▶					Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Mixed Vegetables
Choose Fruit ▶					Fruit Cup and Fresh Fruit
Week of February 4, 2019					
Main Entrée ▶	Regular or Spicy Chicken Strips w/WG Bread Slice	Chicken & Cheese Quesadilla w/ Fixins & Salsa on WG Tortilla Wraps (2)	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	Cheeseburger on WG Bun	WG Pizza w/wo Toppings
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 Golden Corn Niblets Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Chic Pea Salad Baked Potato 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 Vegetarian Beans Steamed Peas 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 February 11, 2019					
Main Entrée ▶	Chicken Nuggets w/ WG Bread Slice	Roast Beef Sandwich w/ Gravy on WG Kaiser Roll	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	WG Pizza w/wo Toppings	SCHOOL CLOSED: LINCOLN'S BIRTHDAY
Choose Two Vegetables ▶	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potatoes 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 Vegetarian Beans Potato Gems Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Green Beans	
Choose Fruit ▶	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	
Week of February 18, 2019					
Main Entrée ▶	SCHOOL CLOSED: WASHINGTON'S BIRTHDAY	Chicken Nuggets w/ WG Bread Slice	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	WG Pasta w/Meat Sauce & 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 Baked Potato Celery Sticks w/Dip	Tossed Garden Salad Glazed Carrot Coins Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Steamed Peas 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 February 25, 2019					
Main Entrée ▶	Popcorn Chicken w/ WG Bread Slice	Hawaiian Chicken w/ Brown Rice & WG Bread Slice	Spicy Chicken Wings w/WG Pasta Salad & Bread Slice	Toasted Cheese Sandwich on WG Bread (2)	This institution is an equal opportunity provider. ~~~~~ Esta institución es un proveedor que ofrece igualdad de oportunidades.
Choose Two Vegetables ▶	Seasoned Broccoli Candied Sweet Potatoes Vegetarian Beans Potato Wedges Celery Sticks w/Dip	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Stir Fry Vegetables	Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Golden Corn Niblets Celery Sticks w/Dip	Seasoned Broccoli Tomato Soup Vegetarian Beans Baked Potato Seasoned Green Beans	
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 7:30 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