

PAUL W. CARLETON 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 ▶					Carrot Sticks w/Dip Seasoned Broccoli Florets
Choose Fruit ▶					Fruit Cup and Fresh Fruit
Week of February 4, 2019					
Main Entrée ▶	Chicken Nuggets w/ WG Bread Slice	Toasted Cheese Sandwich on WG Bread	Turkey & Cheese Hoagie on WG Torpedo Roll	Beef Taco w/Brown Rice, Fixins & Salsa on Taco Shells (2)	WG Pizza w/wo Toppings
Choose Two Vegetables ▶	Carrot Sticks w/Dip Home-Style Mashed Potatoes w/Creamy Gravy	Carrot Sticks w/Dip Creamy Tomato Soup Seasoned Green Beans	Carrot Sticks w/Dip Celery Sticks w/Dip	Carrot Sticks w/Dip Golden Corn Niblets	Carrot Sticks w/Dip Seasoned Broccoli Florets
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 ▶	Hot Dog on WG Bun	Popcorn Chicken w/ WG Bread Slice	Chicken Alfredo w/WG Pasta & WG Bread Stick	WG Pizza w/wo Toppings	SCHOOL CLOSED: LINCOLN'S BIRTHDAY
Choose Two Vegetables ▶	Carrot Sticks w/Dip Baked Vegetarian Beans	Carrot Sticks w/Dip French Fries	Carrot Sticks w/Dip Tossed Garden Salad	Carrot Sticks w/Dip 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 18, 2019					
Main Entrée ▶	SCHOOL CLOSED: WASHINGTON'S BIRTHDAY	Chicken Nuggets w/ WG Bread Slice	Toasted Cheese Sandwich on WG Bread	Turkey Hoagie on WG Torpedo Roll w/Fixins	WG Pizza w/wo Toppings
Choose Two Vegetables ▶		Carrot Sticks w/Dip Crispy French Fries	Carrot Sticks w/Dip Seasoned Green Beans Creamy Tomato Soup	Carrot Sticks w/Dip Celery Sticks w/Dip	Carrot Sticks w/Dip Seasoned Broccoli Florets
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 ▶	French Toast Sticks w/ Sausage Patty	Hot Dog on WG Bun	Hawaiian Chicken w/Brown Rice & WG Bread Stick	WG Pasta w/Meat Sauce and WG Bread Stick	This institution is an equal opportunity provider. ~~~~~ Esta institución es un proveedor que ofrece igualdad de oportunidades.
Choose Two Vegetables ▶	Carrot Sticks w/Dip Hash Brown Potato	Carrot Sticks w/Dip Vegetarian Beans	Carrot Sticks w/Dip Stir Fry Vegetables	Carrot Sticks w/Dip Tossed Garden Salad	
Choose Fruit ▶	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	

Lunch Service Daily: (\$2.65 Paid - \$.40 Reduced Price)

Includes milk, fruit, vegetable, whole grains (WG) and meat/meat alternate. Students must select one serving of fruit or vegetable.

Alternate entrée choices daily: PB & J on WG Bread w/Cheese Stick or Yogurt
Tuna on WG Bread

Pre-plated salad lunch option available on Tuesdays, Wednesdays and Thursdays.

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