

PAUL W. CARLETON 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	Chicken Nuggets w/ WG Bread Slice	Cheeseburger on WG Bun	WG Pizza w/wo Toppings
Choose Two Vegetables ▶			Carrot Sticks w/Dip French Fries	Glazed Carrot Coins Vegetarian Beans	Carrot Sticks w/Dip Seasoned Broccoli
Choose Fruit ▶			Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit	Fruit Cup and Fresh Fruit
Week of January 7, 2019					
Main Entrée ▶	Hot Dog on WG Bun	Toasted Cheese Sandwich on WG Bread	Chicken Nuggets w/ WG Bread Slice	Beef A Roni w/ WG Bread Slice	WG Pizza w/wo Toppings
Choose Two Vegetables ▶	Carrot Sticks w/Dip Vegetarian Beans	Carrot Sticks w/Dip Seasoned Green Beans Tomato Soup	Carrot Sticks w/Dip Potato Gems	Carrot Sticks w/Dip Tossed Garden Salad	Carrot Sticks w/Dip Mixed Vegetables
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 ▶	French Toast Sticks w/ Sausage Patty	Chicken Nuggets w/ WG Bread Slice	Meat & Cheese Hoagie on WG Torpedo Roll	Beef Taco w/Brown Rice, Fixins & Salsa on WG Tortilla Wraps (2)	WG Pizza w/wo Toppings
Choose Two Vegetables ▶	Carrot Sticks w/Dip Hash Brown Potato	Carrot Sticks w/Dip Mashed Potatoes w/Gravy	Carrot Sticks w/Dip Celery Sticks w/Dip	Carrot Sticks w/Dip Refried Beans Golden Corn Niblets	Carrot Sticks w/Dip Seasoned Broccoli
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: DR. MARTIN LUTHER KING, JR.	Pancakes w/ Sausage Patty	Chicken Nuggets w/ WG Bread Slice	Walking Taco w/Brown Rice, Fixins & Salsa	WG Pizza w/wo Toppings
Choose Two Vegetables ▶		Carrot Sticks w/Dip Hash Brown Potato	Carrot Sticks w/Dip Seasoned Green Beans	Carrot Sticks w/Dip Refried Beans Golden Corn Niblets	Carrot Sticks w/Dip Seasoned Broccoli
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 ▶	Chicken Nuggets w/ WG Bread Slice	Hot Dog on WG Bun	Chicken Alfredo w/WG Pasta & WG Bread Stick	Sloppy Joe on WG Bun	This institution is an equal opportunity provider. ~~~~~ Esta institución es un proveedor que ofrece igualdad de oportunidades.
Choose Two Vegetables ▶	Carrot Sticks w/Dip Potato Gems	Carrot Sticks w/Dip Vegetarian Beans	Carrot Sticks w/Dip Tossed Garden Salad	Carrot Sticks w/Dip Cole Slaw	
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