



PENNS GROVE HIGH SCHOOL MENU FEBRUARY 2017

pgcpschools.org

		Feb. 1	Feb. 2	Feb. 3
		Regular or Spicy Chicken Strips w/WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2) May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Peas Seasoned Green Beans Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Potato Wedges Seasoned Mixed Vegetables Fruit Cup
Feb. 6	Feb. 7 "NEW MENU ITEM"	Feb. 8	Feb. 9	Feb. 10
Pepper Jack Cheeseburger on WG Bun May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Seasoned Green Beans Fruit Cup	Mozzarella Sticks w/Marinara Sauce & WG Breadstick May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Celery Sticks w/Dip Fruit Cup	Popcorn Chicken w/WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Chic Pea Salad Baked Potato Celery Sticks w/ Dip Fruit Cup	Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2) May Choose Two: Seasoned Broccoli Glazed Carrot Coins Black Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Celery Sticks w/Dip Fruit Cup
Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17
Meatball Sandwich on WG Torpedo Roll May Choose Two: Seasoned Broccoli Candied Sweet Potatoes Vegetarian Beans Potato Wedges Celery Sticks w/Dip Fruit Cup	Toasted Cheese Sandwich on WG Bread (2) May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip Fruit Cup	Chicken Stir Fry w/Oriental Vegetables, Brown Rice & WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Carrot Sticks w/Dip Black Beans Mashed Potatoes Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Green Beans Fruit Cup	SCHOOL CLOSED: LINCOLN'S BIRTHDAY 
Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24
SCHOOL CLOSED: WASHINGTON'S BIRTHDAY 	Cheesesteak Sandwich on WG Torpedo Roll May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Sautéed Peppers & Onions Fruit Cup	Chicken Fajita w/Brown Rice,Fixins & Salsa on WG Tortilla Wrap (2) May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2) May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Black Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Baked Potato Cucumber Slices w/Dip Fruit Cup
Feb. 27	Feb. 28			
WG Calzone w/ Marinara Sauce May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potatoes Celery Sticks w/Dip Fruit Cup	Chicken Sticks w/Waffle May Choose Two: Seasoned Broccoli Candied Sweet Potatoes Vegetarian Beans Mashed Potatoes Celery Sticks w/Dip Fruit Cup		This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.	EMPLOYMENT OPPORTUNITIES ! Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information.
Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225		Website of the Month:www.leafy-greens.org		
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BREAKFAST SERVICE STARTS AT 7:15 A.M. IN THE CAFETERIA. ALL STUDENTS ARE WELCOME!
\$1.50 PAID
\$.30 REDUCED

Breakfast includes your choice of at least 3 of the items offered. One item must be a vegetable, fruit or fruit juice.
Cereal Bowl w/1pk. Graham Crackers, Bagel w/Cream Cheese Yogurt or Muffin
Fruit
Milk
*Hot Breakfast Sandwich option served on Tuesdays and Fridays

PAID LUNCH: \$2.75
REDUCED: \$.40

Lunch Includes:
Milk, Fruit, Vegetable, Whole Grain (WG) and Meat/Meat Alternate
Students must select one (1) serving of fruit or vegetable with their lunch

PREPLATED SALADS AND COLD SANDWICHES ARE AVAILABLE AS A LUNCH OPTION DAILY

VARIETY OF MILK DAILY LOW FAT/FAT-FREE

FRESH FRUIT AVAILABLE EVERY DAY

SNACKS and BEVERAGES AVAILABLE FOR PURCHASE

MAKE ONLINE PAYMENTS AT: www.paypams.com

MENU 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 in contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.