


PENNS GROVE MIDDLE SCHOOL MENU FEBRUARY 2017

pgcpschools.org

		Feb. 1	Feb. 2	Feb. 3
		<u>Cheesesteak Sandwich on WG Torpedo Roll</u> May Choose Two: Seasoned Broccoli Candied Sweet Potatoes Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	<u>Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2)</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Black Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	<u>Whole Grain Pizza w/wo Toppings</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Green Beans Fruit Cup
Feb. 6	Feb. 7 "NEW MENU ITEM"	Feb. 8	Feb. 9	Feb. 10
<u>Pepper Jack Cheeseburger on WG Bun</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Seasoned Green Beans & Tomato Fruit Cup	<u>Mozzarella Sticks w/Marinara WG Breadstick</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Black Beans Baked Potato Celery Sticks w/Dip Fruit Cup	<u>Popcorn Chicken w/ WG Bread Slice</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes Celery Sticks w/Dip Fruit Cup	<u>Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2)</u> May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	<u>Whole Grain Pizza w/wo Toppings</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup
Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17
<u>Meatball Sandwich on WG Torpedo Roll</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Celery Sticks w/Dip Fruit Cup	<u>Toasted Cheese Sandwich on WG Bread (2)</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Tomato Soup Corn Niblets Seasoned Green Beans & Tomato Fruit Cup	<u>Chicken Stir Fry w/Oriental Vegetables, Brown Rice & WG Breadstick</u> May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes Fruit Cup	<u>Whole Grain Pizza w/wo Toppings</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Corn Niblets Celery Sticks w/Dip Fruit Cup	SCHOOL CLOSED: LINCOLN'S BIRTHDAY 
Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24
SCHOOL CLOSED: WASHINGTON'S BIRTHDAY 	<u>Assorted Cold Sandwich on WG Bread or Roll</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Celery Sticks w/Dip Fruit Cup	<u>Assorted Cold Sandwich on WG Bread or Roll</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Celery Sticks w/Dip Fruit Cup	<u>Assorted Cold Sandwich on WG Bread or Roll</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Celery Sticks w/Dip Fruit Cup	<u>Whole Grain Pizza w/wo Toppings</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup
Feb. 27	Feb. 28			
<u>WG Cheese Calzone w/ Marinara Sauce</u> May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes Celery Sticks w/Dip Fruit Cup	<u>Chicken Stick Fritters w/ WG Bread Slice</u> May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes Seasoned Green Beans Fruit Cup		This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.	<u>EMPLOYMENT OPPORTUNITIES I</u> 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 7:30 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 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 Choice Every Tuesday & Friday!!

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

PRE-PLATED 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.