

PENNS GROVE HIGH SCHOOL MENU APRIL 2017

pgcpschools.org

Apr. 3	Apr. 4	Apr. 5	Apr. 6	Apr. 7
Popcorn Chicken w/ WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip Fruit Cup	Toasted Cheese Sandwich on WG Bread (2) May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potatoes Seasoned Green Beans Fruit Cup	Cheesesteak Sandwich w/wo Sauteed Peppers, Onions & Mushrooms on WG Torpedo Roll May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/gravy Celery Sticks w/Dip Fruit Cup	Beef Nachos w/Brown Rice,Fixins & Salsa on Nacho Tortilla Chips May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden 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 Celery Sticks w/Dip Fruit Cup
Apr. 10	Apr. 11	Apr. 12	Apr. 13	Apr. 14
Regualr or Spicy Chicken Strips w/WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip Fruit Cup	Cheesesteak Sandwich w/wo Sauteed Peppers, Onions & Mushrooms on WG Torpedo Roll May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Green Beans Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Potato Wedges Celery Sticks w/Dip Fruit Cup	Assorted Cold Sandwiches on WG Torpedo Roll or WG Bread May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip Fruit Cup	SCHOOL CLOSED: SPRING RECESS
Apr. 17	Apr. 18	Apr. 19	Apr. 20	Apr. 21
SCHOOL CLOSED: SPRING RECESS	WG Calzone w/ Marinara Sauce May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Seasoned Green Beans Fruit Cup	Chicken Stir Fry w/Oriental Vegetables, Brown Rice & WG Breadstick May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy 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 Golden 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 Seasoned Mixed Vegetables Fruit Cup
Apr. 24	Apr. 25	Apr. 26	Apr. 27	Apr. 28
Pepper Jack Cheeseburger on WG Bun May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/gravy Celery Sticks w/Dip Fruit Cup	French Toast Sticks w/ Sausage Pattv May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Seasoned Green Beans Fruit Cup	Toasted Cheese Sandwich on WG Bread (2) May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy 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 Golden 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 Baked Potato Seasoned Mixed Vegetables 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:superkidsnutrition.com		
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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.