

PENNS GROVE MIDDLE SCHOOL MENU APRIL 2017

pgcpschools.org

Apr. 3	Apr. 4	Apr. 5	Apr. 6	Apr. 7
<u>Popcorn Chicken w/ WG Bread Slice</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Toasted Cheese Sandwich on WG Bread (2)</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potatoes Seasoned Green Beans <u>Fruit Cup</u>	<u>Cheesesteak Sandwich w/wo Sauteed Peppers & Onions on WG Torpedo Roll</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Beef Nachos w/Brown Rice,Fixins & Salsa on Nacho Tortilla Chips</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Whole Grain Pizza w/wo Toppings</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Baked Potato Celery Sticks w/Dip <u>Fruit Cup</u>
Apr. 10	Apr. 11	Apr. 12	Apr. 13	Apr. 14
<u>Regualr or Spicy Chicken Strips w/WG Bread Slice</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Cheesesteak Sandwich w/wo Sauteed Peppers & Onions on WG Torpedo Roll</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Green Beans <u>Fruit Cup</u>	<u>Whole Grain Pizza w/wo Toppings</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Potato Wedges Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Assorted Cold Sandwiches on WG Torpedo Roll or WG Bread</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip <u>Fruit Cup</u>	<u>SCHOOL CLOSED:</u> <u>SPRING RECESS</u>
Apr. 17	Apr. 18	Apr. 19	Apr. 20	Apr. 21
<u>SCHOOL CLOSED:</u> <u>SPRING RECESS</u>	<u>WG Calzone w/ Marinara Sauce</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Potato Wedges Seasoned Green Beans <u>Fruit Cup</u>	<u>Chicken Stir Fry w/Oriental Vegetables, Brown Rice & WG Breadstick</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2)</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Whole Grain Pizza w/wo Toppings</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Baked Potato Seasoned Mixed Vegetables <u>Fruit Cup</u>
Apr. 24	Apr. 25	Apr. 26	Apr. 27	Apr. 28
<u>Pepper Jack Cheeseburger on WG Bun</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>French Toast Sticks w/ Sausage Patty</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Seasoned Green Beans <u>Fruit Cup</u>	<u>Toasted Cheese Sandwich on WG Bread (2)</u> <u>May Choose Two:</u> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Beef Tacos w/Brown Rice,Fixins & Salsa on WG Taco Shells (2)</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <u>Fruit Cup</u>	<u>Whole Grain Pizza w/wo Toppings</u> <u>May Choose Two:</u> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Mixed Vegetables <u>Fruit Cup</u>
This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.				<u>EMPLOYMENT OPPORTUNITIES !</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.superkidsnutrition.com

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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

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.

MENU SUBJECT TO CHANGE