

# PENNS GROVE HIGH SCHOOL MENU MAY 2017

pgcpschools.org

May. 1	May. 2	May. 3	May. 4	May. 5
<b><u>Cheesesteak Sandwich w/wo Sautéed Peppers, Onions &amp; Mushrooms on WG Torpedo Roll</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans French Fries Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Regular or Spicy Chicken Strips w/WG Bread Slice</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Hot Dog on WG Bun</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/gravy Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Beef Tacos w/Brown Rice, Fixins &amp; Salsa on WG Taco Shells (2)</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Whole Grain Pizza w/wo Toppings</u></b> <b>May Choose Two:</b> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Peas Sliced Cucumber Salad <b>Fruit Cup</b>
May. 8	May. 9	May. 10	May. 11	May. 12
<b><u>French Toast Sticks w/ Sausage Patty</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Cheeseburger on WG Bun</u></b> <b>May Choose Two:</b> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Meatball Sandwich on WG Torpedo Roll</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Beef Nachos w/Brown Rice, Fixins &amp; Salsa on Tortilla Chips</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Whole Grain Pizza w/wo Toppings</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Celery Sticks w/Dip <b>Fruit Cup</b>
May. 15	May. 16	May. 17	May. 18	May. 19
<b><u>French Toast Sticks w/ Sausage Patty</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Chicken Patty on WG Bun</u></b> <b>May Choose Two:</b> Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>WG Pasta w/Meat Sauce &amp; WG Bread Stick</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Whole Grain Pizza w/wo Toppings</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Peas Celery Sticks w/Dip <b>Fruit Cup</b>	SCHOOL CLOSED:  STAFF IN-SERVICE
May. 22	May. 23	May. 24	May. 25	May. 26
<b><u>Chicken Nuggets w/ WG Bread Slice</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans French Fries Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>WG Calzone w/ Marinara Sauce</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Cheeseburger on WG Bun</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Chicken Tacos w/Brown Rice, Fixins &amp; Salsa on WG Taco Shells (2)</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>Whole Grain Pizza w/wo Toppings</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Sliced Cucumber Salad <b>Fruit Cup</b>
May. 29	May. 30	May. 31		
SCHOOL CLOSED:  MEMORIAL DAY	<b><u>Popcorn Chicken w/ WG Bread Slice</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip <b>Fruit Cup</b>	<b><u>BBO Cheeseburger on WG Bun</u></b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Sliced Cucumbers w/Dip <b>Fruit Cup</b>	This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.	<b>EMPLOYMENT OPPORTUNITIES !</b>  Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information.
<b>Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225      Website of the Month: <a href="http://www.nationaldairycouncil.org">www.nationaldairycouncil.org</a></b>				

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.

**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](http://www.paypams.com)

MENU SUBJECT TO CHANGE