

PENNS GROVE MIDDLE SCHOOL MENU MAY 2017

pgcpschools.org

May. 1	May. 2	May. 3	May. 4	May. 5
Cheesesteak Sandwich w/wo Sautéed Peppers, Onions & Mushrooms on WG Torpedo Roll May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans French Fries Celery Sticks w/Dip Fruit Cup	Regular or Spicy Chicken Strips w/WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Celery Sticks w/Dip Fruit Cup	Hot Dog on WG Bun May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip 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 Peas Sliced Cucumber Salad Fruit Cup
May. 8	May. 9	May. 10	May. 11	May. 12
French Toast Sticks w/ Sausage Patty May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip Fruit Cup	Cheeseburger on WG Bun May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip Fruit Cup	Meatball Sandwich on WG Torpedo Roll May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	Beef Nachos w/Brown Rice, Fixins & Salsa on 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 Carrot Sticks w/Dip Vegetarian Beans Peas Celery Sticks w/Dip Fruit Cup
May. 15	May. 16	May. 17	May. 18	May. 19
French Toast Sticks w/ Sausage Patty May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Hash Brown Potato Celery Sticks w/Dip Fruit Cup	Chicken Pattys on WG Bun May Choose Two: Seasoned Broccoli Glazed Carrot Coins Vegetarian Beans Mashed Potatoes w/Gravy Celery Sticks w/Dip Fruit Cup	WG Pasta w/Meat Sauce & WG Bread Stick May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	Whole Grain Pizza w/wo Toppings May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Black Beans Peas Celery Sticks w/Dip Fruit Cup	SCHOOL CLOSED: STAFF IN-SERVICE
May. 22	May. 23	May. 24	May. 25	May. 26
Chicken Nuggets w/ WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans French Fries Celery Sticks w/Dip Fruit Cup	WG Calzone w/ Marinara Sauce May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	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	Chicken 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 Peas Sliced Cucumber Salad Fruit Cup
May. 29	May. 30	May. 31		
SCHOOL CLOSED: MEMORIAL DAY	Popcorn Chicken w/ WG Bread Slice May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Celery Sticks w/Dip Fruit Cup	BBQ Cheeseburger on WG Bun May Choose Two: Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Mashed Potatoes w/Gravy Sliced Cucumbers 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.nationaldairycouncil.org		
<i>This institution is an equal opportunity provider. El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.</i>				

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