


# PENNS GROVE MIDDLE SCHOOL MENU JUNE 2017

pgcpschools.org

			June. 1	June. 2
			<b>Chicken Fajita w/ Fixins &amp; Salsa on WG Tortilla Wraps (2)</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>Whole Grain Pizza w/wo Toppings</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Chic Pea Salad Baked Potato Celery Sticks w/Dip <b>Fruit Cup</b>
June. 5	June. 6	June. 7	June. 8	June. 9
<b>Bacon Cheeseburger on WG Bun</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>WG Calzone w/ Marinara Sauce</b> <b>May Choose Two:</b> Seasoned Spinach Carrot Sticks w/Dip Chic Pea Salad Baked Potato Seasoned Mixed Vegetables <b>Fruit Cup</b>	<b>WG Pasta w/Meat Sauce WG Breadstick</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Oven Roasted Potato Wedges Celery Sticks w/Dip <b>Fruit Cup</b>	<b>Chicken Fajita w/ Brown Rice, Fixins &amp; Salsa on WG Tortilla Wraps (2)</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Black Beans Golden Corn Niblets Seasoned Mixed Vegetables <b>Fruit Cup</b>	<b>Whole Grain Pizza w/wo Toppings</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Baked Potato Seasoned Mixed Vegetables <b>Fruit Cup</b>
June. 12	June. 13	June. 14	June. 15	June. 16
<b>Whole Grain Pizza w/wo Toppings</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans Peas Seasoned Mixed Vegetables <b>Fruit Cup</b>	<b>Cook's Choice Entrée</b> <b>May Choose Two:</b> Seasoned Broccoli Carrot Sticks w/Dip Vegetarian Beans French Fries Seasoned Mixed Vegetables <b>Fruit Cup</b>	<b>Cold Sandwich Entrée on Your Choice WG Bread or Roll</b> <b>May Choose Two:</b> Carrot Sticks w/Dip Celery Sticks w/Dip <b>Fruit Cup</b>	<b>Cold Sandwich Entrée on Your Choice WG Bread or Roll</b> <b>May Choose Two:</b> Carrot Sticks w/Dip Celery Sticks w/Dip <b>Fruit Cup</b>	<b>Cold Sandwich Entrée on Your Choice WG Bread or Roll</b> <b>May Choose Two:</b> Carrot Sticks w/Dip Celery Sticks w/Dip <b>Fruit Cup</b>
<b>BEGIN SUMMER VACATION</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</b>			<b>Website of the Month: <a href="http://www.nj.gov/jerseyfresh">www.nj.gov/jerseyfresh</a></b>	
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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](http://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**