

Penn Middle School Lunch February 2018

Daily Grill Features

Hamburger/Cheeseburger
Chicken Patty/Spicy Chicken
Chicken Nuggets

Daily Pizza Features

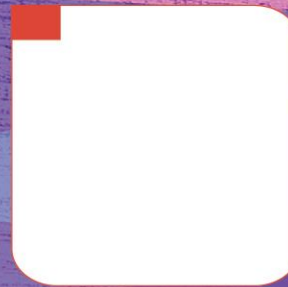
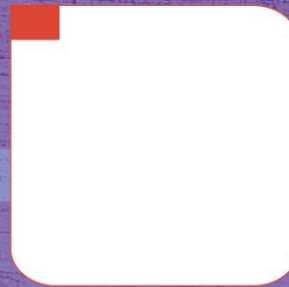
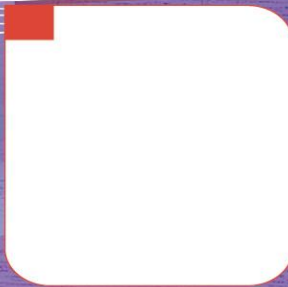
Cheese, Pepperoni
& Buffalo Chicken Pizza

Daily Grab n Go Features

Buffalo/Chicken Ranch Wrap
Chef Salads
Pretzel & Yogurt Pack
(Warm Pretzel & Cheese Sauce
w/Go Big Yogurt)
Pizza Munchable
(MTO Flatbread w/Pizza Sauce, Cheese
& Pepperoni)



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1
Ham BBQ Sandwich
PREM: Breaded Chicken Breast Sandwich

VEG: Peas & Carrots or Celery Sticks

FRUIT: Sliced Apples, Mandarin Oranges, Fruit Punch

2
Grilled Cheese & Tomato Soup
PREM: 4 Max Pizza Stix

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Sliced Apples, Mandarin Oranges, Fruit Punch

5
3 Piece Chicken Tenders
PREM: Deep Dish Pizza

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

6
Beef & Cheese Nachos
PREM: Breaded Chicken Breast Sandwich

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

7
Turkey & Cheese Pretzel Melt
PREM: 4 Max Pizza Stix

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Apple, Diced Peaches, Orange Juice

8
Warrior Chicken Bowl
PREM: Breaded Chicken Breast Sandwich

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Apple, Diced Peaches, Orange Juice

9
PREM: Boneless Wings w/Twisters

VEG: Baked Fries or Side Salad

FRUIT: Whole Apple, Diced Peaches, Orange Juice

12
Chili & Cheese Fries
PREM: Deep Dish Pizza
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Pears, Applesauce, Fruit Punch

13
Pasta & Meat Sauce
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Pears, Applesauce, Fruit Punch

14
Meatball Hoagie
PREM: 4 Max Pizza Stix
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pears, Applesauce, Fruit Punch

15
Chicken Quesadilla
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Pears, Applesauce, Fruit Punch

16
PREM: Boneless Wings w/Twisters
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Baked Fries or Side Salad

FRUIT: Whole Pears, Applesauce, Fruit Punch

19
No School
(2nd Snow make-up day)

20
2 Hard Beef Tacos
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich
FUEL: Thai Chicken Tenders w/Rice

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apples, Diced Pears, Apple Juice

21
Bacon Cheeseburger
PREM: 4 Max Pizza Stix
FUEL: Thai Chicken Tenders w/Rice

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Apples, Diced Pears, Apple Juice

22
Warrior Chicken Bowl
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich
FUEL: Thai Chicken Tenders w/Rice

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Apples, Diced Pears, Apple Juice

23
PREM: Boneless Wings w/Twisters
FUEL: Thai Chicken Tenders w/Rice

VEG: Baked Fries or Side Salad

FRUIT: Whole Apples, Diced Pears, Apple Juice

26
Pierogis w/Cooked Onions
PREM: Deep Dish Pizza

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Pear, Applesauce, Grape Juice

27
3 Pancakes & Sausage
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Pear, Applesauce, Grape Juice

28
Ham & Cheese Pretzel Melt
PREM: 4 Max Pizza Stix

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pears, Diced Pears, Apple Juice

Pricing & Info

Lunch \$2.55 Premium Lunch \$3.20

Meals include Milk – 1%, Chocolate, Vanilla, Skim, or Lactaid

Make it a Meal – Entrée + 1Fruit and/or 1Veg + Milk

*All items meet NSLP/USDA regulations.
Direct questions to the Food Service Office.*