

Penn Middle School Lunch May 2018

30
Ham BBQ Sandwich
PREM: Deep Dish Pizza

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Apples, Diced Pears, Apple Juice

1
2 Hard Beef Tacos
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apples, Diced Pears, Apple Juice

2
Bacon Cheeseburger
PREM: 4 Max Pizza Stix

VEG: Baked Beans

FRUIT: Whole Apples, Diced Pears, Apple Juice

3
Warrior Chicken Bowl
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Celery Sticks

FRUIT: Whole Apples, Diced Pears, Apple Juice

4
Act 80 Day (No School)

7
Chicken Fajita Rice Bowl
PREM: Deep Dish Pizza
FUEL: Buffalo Cauliflower Chicken Pizza

VEG: Seasoned Corn
FRUIT: Whole Pears, Applesauce, Grape Juice

8
2 Chicken Tenders w/Mac & Cheese
PREM: Breaded Chicken Breast Sandwich
FUEL: Buffalo Cauliflower Chicken Pizza

VEG: Cucumber Slices
FRUIT: Whole Pears, Applesauce, Grape Juice

9
Grilled Ham & Cheese
PREM: 4 Max Pizza Stix
FUEL: Buffalo Cauliflower Chicken Pizza

VEG: Baked Beans

FRUIT: Whole Pears, Applesauce, Grape Juice

10
BBQ Pulled Pork Sandwich
PREM: Breaded Chicken Breast Sandwich
FUEL: Buffalo Cauliflower Chicken Pizza

VEG: Seasoned Peas or Celery Sticks
FRUIT: Whole Pears, Applesauce, Grape Juice

11
PREM: Boneless Wings w/Twisters
FUEL: Buffalo Cauliflower Chicken Pizza

VEG: Seasoned Green Beans or Fresh Broccoli
FRUIT: Whole Pears, Applesauce, Grape Juice

Daily Grill Features
Hamburger/Cheeseburger
Chicken Patty/Spicy Chicken
Chicken Nuggets
Daily Pizza
Cheese, Pepperoni
Tues/Thurs – Buffalo

14
Mini Corn Dogs
PREM: Deep Dish Pizza
FUEL: Pepper Popper Pizza

VEG: Steamed Broccoli

FRUIT: Oranges, Diced Peaches, Fruit Punch

15
DORITOS Walking Taco
PREM: Breaded Chicken Breast Sandwich
FUEL: Pepper Popper Pizza

VEG: Seasoned Corn

FRUIT: Oranges, Diced Peaches, Fruit Punch

16
Grilled Cheese w/Tomato Soup
PREM: 4 Max Pizza Stix
FUEL: Pepper Popper Pizza

VEG: Baked Beans

FRUIT: Oranges, Diced Peaches, Fruit Punch

17
Chicken & Cheese Nachos
PREM: Breaded Chicken Breast Sandwich
FUEL: Pepper Popper Pizza

VEG: Celery Sticks
FRUIT: Oranges, Diced Peaches, Fruit Punch

18
PREM: Boneless Wings w/Twisters
FUEL: Pepper Popper Pizza

VEG: Seasoned Green Beans

FRUIT: Oranges, Diced Peaches, Fruit Punch

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,

21
3 Piece Chicken Tenders w/Roll
PREM: Deep Dish Pizza

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Hand Fruit, Portioned Fruits, Assorted Juice

22
Beef & Cheese Nachos
PREM: Breaded Chicken Breast Sandwich

VEG: Seasoned Corn

FRUIT: Hand Fruit, Portioned Fruits, Assorted Juice

23
PREM: Boneless Wings w/Twisters

VEG: Baked Beans

FRUIT: Hand Fruit, Portioned Fruits, Assorted Juice

24
4 French Toast Sticks w/Sausage
PREM: Breaded Chicken Breast Sandwich

VEG: Celery Sticks
FRUIT: Hand Fruit, Portioned Fruits, Assorted Juice

25
3 Piece Max Pizza Stix
PREM: Deep Dish Pizza

VEG: Seasoned Green Beans

FRUIT: Hand Fruit, Portioned Fruits, Assorted Juice

28
Memorial Day (No School)

29
In-Service Day (No School)

30
Summer Break

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.*