

Penn Middle School Lunch March 2018

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.

5
Pancakes, Egg Patty & Sausage w/Tater Tots
PREM: Deep Dish Pizza
FUEL: Fiesta Foldover

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Sliced Apples, Oranges, Fruit Punch

6
DORITOS Walking Taco
PREM: Breaded Chicken Breast Sandwich
FUEL: Fiesta Foldover

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Sliced Apples, Oranges, Fruit Punch

7
Grilled Cheese w/Tomato Soup
PREM: 4 Max Pizza Stix
FUEL: Fiesta Foldover

VEG: Side Salad

FRUIT: Sliced Apples, Oranges, Fruit Punch

1
3 Piece Chicken Tender w/Roll
PREM: 4 Max Pizza Stix

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Pears, Applesauce, Grape Juice

2
PREM: Boneless Wings w/Twisters

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pears, Applesauce, Grape Juice

8
Chicken & Cheese Nachos
PREM: Breaded Chicken Breast Sandwich
FUEL: Fiesta Foldover

VEG: Peas & Carrots or Celery Sticks

FRUIT: Sliced Apples, Oranges, Fruit Punch

9
PREM: Boneless Wings w/Twisters
FUEL: Fiesta Foldover

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Sliced Apples, Oranges, Fruit Punch

Daily Grill Features

Hamburger/Cheeseburger
Chicken Patty/Spicy Chicken
Chicken Nuggets

Daily Pizza Features

Cheese, Pepperoni
& Buffalo Chicken Pizza

12
3 Piece Chicken Tenders w/Roll
PREM: Deep Dish Pizza
FUEL: Mediterranean Meatball Wrap

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Apple, Diced Peaches, Orange Juice

13
Beef & Cheese Nachos
PREM: Breaded Chicken Breast Sandwich
FUEL: Mediterranean Meatball Wrap

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

14
Turkey & Cheese Pretzel Melt
PREM: 4 Max Pizza Stix
FUEL: Mediterranean Meatball Wrap

VEG: Side Salad

FRUIT: Whole Apple, Diced Peaches, Orange Juice

15
4 French Toast Sticks w/Sausage
PREM: Breaded Chicken Breast Sandwich
FUEL: Mediterranean Meatball Wrap

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Apple, Diced Peaches, Orange Juice

16
PREM: Boneless Wings w/Twisters
FUEL: Mediterranean Meatball Wrap

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Apple, Diced Peaches, Orange Juice

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)

19
No School
(3rd Snow Make up day)

20
Pasta w/Meatsauce
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Pears, Applesauce, Fruit Punch

21
Meatball Hoagie
PREM: 4 Max Pizza Stix

VEG: Side Salad

FRUIT: Whole Pears, Applesauce, Fruit Punch

22
Chicken Quesadilla
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Pears, Applesauce, Fruit Punch

23
PREM: Boneless Wings w/Twisters

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pears, Applesauce, Fruit Punch

26
Ham BBQ Sandwich
PREM: Deep Dish Pizza

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Apples, Diced Pears, Apple Juice

27
Beef & Cheese Quesadilla
PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich

VEG: Seasoned Corn or Cucumber Slices
FRUIT: Whole Apples, Diced Pears, Apple Juice

28
Bacon Cheeseburger
PREM: 4 Max Pizza Stix

VEG: Side Salad

FRUIT: Whole Apples, Diced Pears, Apple Juice

29
No School
(5th Snow Make up day)

30
No School
(Holiday Break)

