

Penelope 2018 School Menu PK-12

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i> Sept.17-21	French Toast, Rich's Applesauce Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Scrambled Eggs Buttered Toast, WG Raisins Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Pancakes, WG Cheese Stick Peaches Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Biscuit WG Pork Sausage Patty Bananas Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Cinnamon Roll, WG Cinn. Toast Crunch Honeynut Cheerios Coco Puffs Apples, fresh JUICE: Orange, Apple, Grape MILK: 1% Low Fat White Chocolate FF
<i>Breakfast</i> Sept.24-28	Waffles, WG Cinn. Toast Crunch Honeynut Cheerios Coco Puffs Pineapple Tidbits JUICE: Orange, Apple, Grape MILK: 1% Low Fat White Chocolate FF Syrup	Breakfast Burrito W/Ham Salsa Raisins JUICE: Orange, Apple, or Grape MILK: 1% Lowfat White Chocolate FF	Pancakes, WG Cheese Stick Peaches Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Biscuit WG Pork Sausage Patty Diced Pears Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Muffin, Blueberry Cinn. Toast Crunch Coco Puffs Honeynut Cheerios Fruit Cocktail JUICE: Orange, Apple, or Grape MILK: 1% Lowfat White Chocolate FF
<i>Breakfast</i> Oct.1-5	French Toast, Rich's Applesauce Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Scrambled Eggs Buttered Toast, WG Raisins Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Pancakes, WG Cheese Stick Peaches Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Biscuit WG Pork Sausage Patty Pineapple Tidbits Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Cinnamon Roll, WG Cinn. Toast Crunch Honeynut Cheerios Coco Puffs Apples, fresh JUICE: Orange, Apple, Grape MILK: 1% Low Fat White Chocolate FF
<i>Breakfast</i> Oct.8-12	NO SCHOOL	Breakfast Burrito W/Ham Salsa Raisins JUICE: Orange, Apple, or Grape MILK: 1% Lowfat White Chocolate FF	Pancakes, WG Cheese Stick Peaches Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Syrup	Biscuit WG Pork Sausage Patty Mandarin Oranges Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly	Muffin, Choc. Chip Cinn. Toast Crunch Coco Puffs Honeynut Cheerios Fruit Cocktail JUICE: Orange, Apple, or Grape MILK: 1% Lowfat White Chocolate FF

This institution is an equal opportunity provider and employer.

Penelope School 2018 Menu K-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Sept.17-21 <i>Lunch</i>	Ground Beef & Macaroni w/ Mexican Seasoning Garlic Breadstick WG Corn Carrot Sticks Garden Salad Mixed Fruit MILK: 1% Lowfat White Chocolate FF Ranch Dressing	Chicken Nuggets Mashed Potato/ Gravy Green Beans Strawberries MILK: 1% Lowfat White Chocolate FF Catsup	Hamburger Lettuce & Tomato Salad Sweet Potato Fries Celery Sticks Bananas MILK: 1% Lowfat White Chocolate FF Catsup Mustard	Alfredo Rotini w/Chicken Garlic Breadstick Green Beans Garden Salad Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Ranch Dressing	Hot Dog on Bun Chili/Hot Dog Sauce Baked Beans Garden Salad Broccoli Florets Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing Catsup Mustard
Sept.24-28 <i>Lunch</i>	Soft Beef Tacos Pinto Beans Garden Salad Pineapple Tidbits MILK: 1% Lowfat White Chocolate FF Ice Cream Sandwich	Breaded Chicken Patty Dinner Roll Mashed Potato/Gravy Glazed Carrots Broccoli Florets Applesauce MILK: 1% Lowfat White Chocolate FF	Hamburgers Lettuce & Tomato Salad Potato Wedges Bananas MILK: 1% Lowfat White Chocolate FF Catsup Mustard	Beef Nachos Refried Beans Garden Salad Celery Sticks Oranges, fresh MILK: 1% Lowfat White Chocolate FF Ranch Dressing	Turkey Subs Lettuce & Tomato Salad Cucumber Slices Strawberries MILK: 1% Lowfat White Chocolate FF Reduced Fat Nacho Cheese Chips Mustard Salad Dressing
Oct.1-5 <i>Lunch</i>	Corny Dogs Baked Beans Garden Salad Diced Peaches Broccoli Florets MILK: 1% Lowfat White Chocolate FF Mustard Catsup	BBQ Chicken Dinner Roll Broccoli w/ Cheese Glazed Carrots Apples, fresh MILK: 1% Lowfat White Chocolate FF	Hamburger Lettuce & Tomato Salad Sweet Potato Fries Bananas MILK: 1% Lowfat White Chocolate FF Catsup Mustard	Chicken Fajitas/Cheese/ Tortilla, WG Spanish Rice Pinto Beans Garden Salad Celery Sticks Apricots MILK: 1% Lowfat White Chocolate FF Chocolate Pudding	Pepperoni Pizza WG Corn Salad Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing
Oct.8-12 <i>Lunch</i>	NO SCHOOL	Salisbury Steak Dinner Roll Mashed Potato/Gravy Broccoli & Cheese Spicy Butternut Squash Apples, fresh MILK: 1% Lowfat White Chocolate FF	Hamburgers Lettuce & Tomato Salad Curly Fries Carrot Sticks Diced Pears MILK: 1% Lowfat White Chocolate FF Sugar Cookie Catsup Mustard	Chicken & Cheese Quesadillas Refried Beans Carrot Sticks Cucumbers, sliced Strawberries MILK: 1% Lowfat White Chocolate FF Ranch Dressing	Grilled Chicken on Bun Lettuce & Tomato Salad Corn on Cob Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Catsup Mustard Salad Dressing