

Penelope 2019 School Menu PK-12

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| <i>Breakfast</i> Aug.19-23 | 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 JUICE: Orange, Apple, Grape MILK: 1% Low Fat White Chocolate FF |
| <i>Breakfast</i> Aug.26-30 | 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> Sept.2-6 | No School/Labor Day | 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> Sept.9-13 | Waffles Cocoa Puffs Cinnamon Toast Crunch Honey Nut Cheerios 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 Mandarin Oranges Orange Juice Apple Juice Grape Juice MILK: 1% Low Fat White Chocolate FF Jelly | Muffin, Cinn. Toast Crunch Coco Puffs Honeynut Cheerios Fruit Cocktail JUICE: Orange, Apple, or Grape MILK: 1% Lowfat White Chocolate FF |

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Penelope 2019 School Menu PK

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|--|---|---|--|
| Aug.19-23 <i>Lunch</i> | Ground Beef & Macaroni w/ Mexican Seasoning Garlic Bread Stick Corn Mixed Fruit MILK: 1% Lowfat White | Chicken Nuggets Mashed Potatoes/Gravy Green Beans Strawberries MILK: 1% Lowfat White Catsup | Hamburger Sweet Potato Fries Bananas MILK: 1% Lowfat White Catsup Mustard | Alfredo Rotini w/Chicken Garlic Breadstick Green Beans Mandarin Oranges MILK: 1% Lowfat White | Hot Dog on Bun Baked Beans Applesauce MILK: 1% Lowfat White Catsup Mustard |
| Aug.26-30 <i>Lunch</i> | Soft Beef Tacos Pinto Beans Pineapple Tidbits MILK: 1% Lowfat White Ice Cream Sandwich | Breaded Chicken Patty Mashed Potatoes/Gravy Broccoli Florets Applesauce MILK: 1% Lowfat White | Hamburger Potato Wedges Bananas MILK: 1% Lowfat White Catsup Mustard | Beef Nachos Garden Salad Oranges, fresh MILK: 1% Lowfat White Ranch Dressing | Turkey Subs Cucumber Slices Rosy Applesauce MILK: 1% Lowfat White Reduced Fat Nacho Cheese Chips Mustard Salad Dressing |
| Sept.2-6 <i>Lunch</i> | NO SCHOOL/LABOR DAY | BBQ Chicken Dinner Roll Glazed Carrots Pineapple Tidbits MILK: 1% Lowfat White | Hamburger Sweet Potato Fries Bananas MILK: 1% Lowfat White Catsup Mustard | Chicken Fajitas/Cheese/ Tortillas, WG Celery Sticks Apricots MILK: 1% Lowfat White Chocolate Pudding | Pepperoni Pizza WG Baked Beans Applesauce MILK: 1% Lowfat White |
| Sept.9-13 <i>Lunch</i> | Grilled Chicken/Bun Ranch Style Beans Peaches MILK: 1% Lowfat White | Salisbury Steak Dinner Roll Cream Potato/Gravy Buttered Carrots Pineapple Tidbits MILK: 1% Lowfat White | Hamburger Curly Fries Banana MILK: 1% Lowfat White Mustard Catsup Cookies | Chicken & Cheese Quesadilla Cucumber Slices Strawberries MILK: 1% Lowfat White | Turkey Subs Pork & Beans Mandarin Oranges MILK: 1% Lowfat White Catsup |

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Penelope School 2019 Menu K-8

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|--|--|---|---|
| Aug.19-23 <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 Dogs w/chili/cheese Baked Beans Garden Salad Broccoli Florets Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing Catsup Mustard |
| Aug.26-30 <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 Cucumber Slices Rosy Applesauce MILK: 1% Lowfat White Chocolate FF Reduced Fat Nacho Cheese Chips Mustard Salad Dressing |
| Sept.2-6 <i>Lunch</i> | NO SCHOOL/LABOR DAY | BBQ Chicken Dinner Roll Mashed Potato/Gravy Broccoli w/ Cheese Glazed Carrots Apples, fresh MILK: 1% Lowfat White Chocolate FF | Hamburger Lettuce & Tomato Salad Sweet Potato Fries Celery Sticks Bananas MILK: 1% Lowfat White Chocolate FF Catsup Mustard | Chicken Fajitas/Cheese/ Tortilla, WG Spanish Rice Pinto Beans Garden Salad Apricots MILK: 1% Lowfat White Chocolate FF Chocolate Pudding | Pepperoni Pizza Baked Beans Garden Salad Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing |
| Sept.9-13 <i>Lunch</i> | Grilled Chicken/Bun Ranch Style Beans Garden Salad Diced Peaches Broccoli Florets Ranch Dressing MILK: 1% Lowfat White Chocolate FF | Salisbury Steak Dinner Roll Mashed Potato/Gravy Broccoli & Cheese Buttered Carrots Apples, fresh MILK: 1% Lowfat White Chocolate FF | Hamburgers Lettuce & Tomato Salad Curry Fries Carrot Sticks Diced Pears MILK: 1% Lowfat White Chocolate FF Cookies Catsup Mustard | Chicken & Cheese Quesadillas Refried Beans Cucumbers, sliced Strawberries MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Turkey Subs Lettuce & Tomato Salad Pork & Beans Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Mustard Salad Dressing |

Penelope 2019 School Menu 9-12

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|--|--|---|---|
| Aug.19-23 <i>Lunch</i> | Ground Beef & Macaroni w/ Mexican Seasoning Garlic Breadstick Corn Carrot Sticks Garden Salad Mixed Fruit Apples, fresh MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Chicken Nuggets Dinner Roll Mashed Potato/Gravy Green Beans Oranges, fresh Strawberries MILK: 1% Lowfat White Chocolate FF Catsup | Cheeseburgers Lettuce & Tomato Salad Sweet Potato Fries Celery Sticks Bananas Diced Peaches MILK: 1% Lowfat White Chocolate FF Catsup Mustard | Alfredo Rotini w/ Chicken Garlic Breadstick Green Beans Garden Salad Mandarin Oranges Pineapple Tidbits MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Hot Dogs on Bun Chili/Cheese Baked Beans Garden Salad Broccoli Florets Applesauce Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Ranch Dressing Catsup Mustard |
| Aug.26-30 <i>Lunch</i> | Soft Beef Tacos Pinto Beans Garden Salad Apples, fresh Pineapple Tidbits MILK: 1% Lowfat White Chocolate FF Ice Cream Sandwich | Breaded Chicken Patty Dinner Roll Mashed Potatoes/Gravy Glazed Carrots Broccoli Florets Applesauce Diced Peaches MILK: 1% Lowfat White Chocolate FF Catsup | Cheeseburger Lettuce & Tomato Salad Potato Wedges Bananas Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Catsup Mustard | Beef Nachos Refried Beans Garden Salad Celery Sticks Pineapple Tidbits Oranges MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Turkey Subs Lettuce/Tomato Cucumber Slices Rosy Applesauce Oranges MILK: 1% Lowfat White Chocolate FF Reduced Fat Nacho Cheese Chips Mustard Salad Dressing |
| Sept.2-6 <i>Lunch</i> | No School/Labor Day | BBQ Chicken Dinner Roll Mashed Potato/Gravy Broccoli w/ Cheese Glazed Carrots Apples, fresh Pineapple Tidbits MILK: 1% Lowfat White Chocolate FF | Cheeseburgers Lettuce & Tomato Salad Sweet Potato Fries Celery Sticks Bananas Mandarin Oranges MILK: 1% Lowfat White Chocolate FF Catsup Mustard | Chicken Fajitas/Cheese/Tortillas Spanish Rice Pinto Beans Garden Salad Apricots Diced Pears MILK: 1% Lowfat White Chocolate FF Chocolate Pudding FF | Pepperoni Pizza Baked Beans Garden Salad Mixed Fruit Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing |
| Sept.9-13 <i>Lunch</i> | Grilled Chicken/ Bun Ranch Style Beans Garden Salad Broccoli Florets Peaches Applesauce MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Salisbury Steak Dinner Roll Mashed Potatoes/Gravy Broccoli & Cheese Spicy Butternut Squash Apples, fresh Pineapple Tidbits MILK: 1% Lowfat White Chocolate FF | Cheeseburgers Lettuce & Tomato Curly Fries Carrot Sticks Bananas Diced Pears MILK: 1% Lowfat White Chocolate FF Catsup Mustard Cookies | Chicken & Cheese Quesadilla Refried Beans Cucumbers, sliced Strawberries Mixed Fruit MILK: 1% Lowfat White Chocolate FF Ranch Dressing | Turkey Subs Lettuce & Tomato Pork & Beans Mandarin Oranges Apple, fresh MILK: 1% Lowfat White Chocolate FF Catsup Mustard Salad Dressing |