

**PENNRIDGE SCHOOL DISTRICT
ELEMENTARY SCHOOL**



**MARCH
2010**



**National School Breakfast Week
March 8th - 12th**

SERVED with every BREAKFAST & LUNCH:
MILK: SKIM, 1% WHITE, 1% CHOCOLATE, & 1% STRAWBERRY
JUICE: APPLE, GRAPE, ORANGE

MONDAY 1-Mar	TUESDAY 2-Mar	WEDNESDAY 3-Mar	THURSDAY 4-Mar	FRIDAY 5-Mar
BRK-BAGEL & CREAM CHEESE	BRK-FUNNEL CAKE	BRK-MUFFIN & YOGURT	BRK-CINNAMON BUNS	BRK-BREAKFAST PIZZA
1. PERSONAL PAN PIZZA 2. PB & JELLY W/ YOGURT 3. BAGEL & CHEESE WEDGES	HAPPY BIRTHDAY DR. SUESS 1. ABC CHICKEN NUGGETS/ROLL 2. FLUFFER NUTTER W/YOGURT 3. CHEF SALAD W/ ROLL	1. TACOS 2. PB & JELLY W/ YOGURT 3. HOT DOG ON BUN	1. PIEROGIE BAR * 2. MANAGER'S DELI SANDWICH 3. BAGEL SANDWICH	1. CHICKEN TENDERS/ROLL 2. MANAGER'S DELI SANDWICH 3. HOT DOG ON BUN
<u>CHOICE OF 1, 2 OR 3</u> BROCCOLI VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TOMATO SOUP	<u>CHOICE OF 1, 2 OR 3</u> GOLDEN CURLY FRIES TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS DESSERT: ABC COOKIES	<u>CHOICE OF 1, 2 OR 3</u> GOLDEN CORN LETTUCE, TOMATO, SALSA ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TURKEY NOODLE SOUP	<u>CHOICE OF 1, 2 OR 3</u> *CHEESE SAUCE, MARINARA SAUCE, TACO MEAT & MORE ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS DESSERT: CREAMY PUDDING	<u>CHOICE OF 1, 2 OR 3</u> GREEN BEANS TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS MANAGER'S CHOICE SOUP
MONDAY 8-Mar	TUESDAY 9-Mar	WEDNESDAY 10-Mar	THURSDAY 11-Mar	FRIDAY 12-Mar
BRK-MUFFIN & YOGURT	BRK-HAM, EGG & CHEESE SAND.	BRK-CINNAMON ROLL	BRK-BAGEL PIZZA	BRK-BAGEL & CREAM CHEESE
1. MINI CHEESEBURGERS 2. PB & JELLY W/ YOGURT 3. TOASTED CHEESE SANDWICH	1. PIZZA: Chiaro's - Deibler, Guth Gran Sasso - Seylar, Sellers. Domino's - Grasse, WRH & Bedmin. 2. FLUFFER NUTTER W/YOGURT 3. CHEF SALAD W/ ROLL	1. TURKEY & CHEESE QUESADILLA 2. PB & JELLY W/ YOGURT 3. HOT DOG ON BUN	1. FRENCH TOAST STICKS & SAUSAGE 2. FLUFFER NUTTER W/YOGURT 3. CHICKEN CAESAR SALAD W/ ROLL	1. BREADED CHICKEN W/ ROLL 2. MANAGER'S DELI SANDWICH 3. HOT DOG ON BUN
<u>CHOICE OF 1, 2 OR 3</u> GOLDEN POTATOES PICKLES ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TOMATO SOUP DESSERT: ICE CREAM	<u>CHOICE OF 1, 2 OR 3</u> MIXED VEGGIES VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	<u>CHOICE OF 1, 2 OR 3</u> PEAS CARROTS & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TURKEY NOODLE SOUP	<u>CHOICE OF 1, 2 OR 3</u> HONEY CARROTS STUFFED CELERY STICKS ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS DESSERT: FRUIT CRISP	<u>CHOICE OF 1, 2 OR 3</u> MACARONI & CHEESE VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS MANAGER'S CHOICE SOUP
MONDAY 15-Mar	TUESDAY 16-Mar	WEDNESDAY 17-Mar	THURSDAY 18-Mar	FRIDAY 19-Mar
BRK-CINNAMON BUN	BRK-EGG & CHEESE SANDWICH	BRK-BELGIUM WAFFLE STICKS	BRK-BREAKFAST PIZZA	BRK-PANCAKES
1. HOT DOG ON BUN 2. PB & JELLY W/ YOGURT 3. BAGEL & CHEESE WEDGES	1. CHEESY PIZZA 2. FLUFFER NUTTER W/YOGURT 3. TURKEY DELI SANDWICH	1. GENERAL TSO'S CHICKEN 2. PB & JELLY W/ YOGURT 3. CHEF SALAD W/ ROLL	1. HOT HAM & CHEESE CROISSANT 2. PB & JELLY W/ YOGURT 3. RIB-B-QUE ON CLUB ROLL	1. CHEESE LASAGNA 2. MANAGER'S DELI SANDWICH 3. HOT DOG ON BUN
<u>CHOICE OF 1, 2 OR 3</u> GOLDEN POTATO COINS PEAS ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TOMATO SOUP	<u>CHOICE OF 1, 2 OR 3</u> CAULIFLOWER TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	<u>CHOICE OF 1, 2 OR 3</u> RICE TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TURKEY NOODLE SOUP DESSERT: SHAMROCK COOKIES	<u>CHOICE OF 1, 2 OR 3</u> MIXED VEGGIES VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	<u>CHOICE OF 1, 2 OR 3</u> GOLDEN CORN STUFFED CELERY STICKS ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS MANAGER'S CHOICE SOUP

**TICKETS
SOLD
EVERY
DAY**



PRICES
ELEM \$2.25
MS \$2.75
HIGH \$2.75
MILK \$.50

MONDAY 22-Mar	TUESDAY 23-Mar	WEDNESDAY 24-Mar	THURSDAY 25-Mar	FRIDAY 26-Mar
BRK-BAGEL & CREAM CHEESE	BRK-HOT HAM & CHEESE SAND.	BRK-FRENCH TOAST STICKS	BRK-MINI PANCAKES	BRK-FUNNEL CAKE
1. GRILLED CHICKEN SANDWICH 2. PB & JELLY W/ YOGURT 3. HOT DOG ON BUN <u>CHOICE OF 1, 2 OR 3</u> SMILEY POTATOES SANDWICH FIXINGS ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TOMATO SOUP DESSERT: CREAMY PUDDING	1. PIZZA: Chiaro's - WRH, Grasse Gran Sasso - Bedmin., Deibler Domino's - Guth, Seylar & Sellers. 2. TURKEY DELI SANDWICH 3. TOASTED CHEESE SANDWICH <u>CHOICE OF 1, 2 OR 3</u> HONEY GLAZED CARROTS TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	1. MEATBALL HOAGIE 2. PB & JELLY W/ YOGURT 3. CHEF SALAD W/ ROLL <u>CHOICE OF 1, 2 OR 3</u> GREEN BEANS VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TURKEY NOODLE SOUP	1. ROAST TURKEY W/ROLL 2. FLUFFER NUTTER W/YOGURT 3. BAGEL SANDWICH <u>CHOICE OF 1, 2 OR 3</u> GOLDEN CORN MASHED POTATOES W/GRAVY ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS DESSERT: APPLE SLICES/CARAMEL DIP	1. CHICKEN TENDERS/ROLL 2. CHEESEBURGER ON ROLL 3. PB & JELLY W/ YOGURT <u>CHOICE OF 1, 2 OR 3</u> GOLDEN FRENCH FRIES SANDWICH FIXINGS ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS MANAGER'S CHOICE SOUP
MONDAY 29-Mar	TUESDAY 30-Mar	WEDNESDAY 31-Mar		
BRK-MUFFIN & YOGURT	BRK-HOT HAM & CHEESE SAND.	BRK-BELGIUM WAFFLE STICKS		
1. PHILLY STYLE CHEESE STEAK 2. PB & JELLY W/ YOGURT 3. BAGEL & CHEESE WEDGES <u>CHOICE OF 1, 2 OR 3</u> GOLDEN POTATOES MIXED VEGGIES ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	1. MICKEY'S PIZZA 2. TURKEY HOAGIE 3. CHICKEN CAESAR SALAD W/ ROLL <u>CHOICE OF 1, 2 OR 3</u> PEAS VEGGIES & DIP ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS	1. NACHOS W/ TACO MEAT & CHEESE 2. PB & JELLY W/ YOGURT 3. MANAGER'S DELI SANDWICH <u>CHOICE OF 1, 2 OR 3</u> GOLDEN CORN TOSSED SALAD ASSORTED FRUIT JUICES FRESH & ASSORTED FRUITS TURKEY NOODLE SOUP DESSERT: JELL-O w/ TOPPING		

PRICES
 ELEM \$2.25
 MS \$2.75
 HIGH \$2.75

START YOUR DAY OFF RIGHT WITH BREAKFAST! SELECT ONE ENTRÉE, FRUIT OR FRUIT JUICE AND MILK

Variety of entrees available: Daily Breakfast Special; Cereal & Grahams; Assorted Yogurts; Poptarts



*If your child has dietary restrictions please contact the
 Nutritional Services Office for assistance.*

NUTRITION FACTS: PEPPERS - Peppers add extra color and flavor to your salads, pizza and pasta. Peppers are a great source of vitamin C and also provide beta carotene, potassium, folic acid and fiber. Vitamin C is needed for growth and repair of body tissue.

A COMPLETE MEAL INCLUDES (1) ENTRÉE; (3) DIFFERENT SIDES INCLUDING FRUITS, VEGETABLES, JUICE, OR SOUP; AND (1) MILK. STUDENTS CAN PURCHASE ONLY 1-BREAKFAST (\$1.25) AND 1-LUNCH (\$2.25) PER DAY. ADDITIONAL MEALS AND ITEMS CAN BE PURCHASED AT ALA CARTE PRICES. STUDENTS WHO QUALIFY FOR FREE OR REDUCED LUNCHES (\$.40) MAY ALSO HAVE A BREAKFAST FREE OR AT REDUCED COST (\$.30). FOR YOUR CONVENIENCE YOU CAN PURCHASE WEEKLY BREAKFAST AND LUNCH TICKETS. PLEASE MAKE CHECKS PAYABLE TO 'PENNRIDGE NUTRITIONAL SERVICES DEPARTMENT'. MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD AND EMERGENCY SCHOOL CLOSINGS.

HEALTHIER SCHOOL MEALS!
 There has been a lot of news recently about the diets of school age children. We have analyzed our menus to ensure that the meals we serve your children provide 1/3rd of the required dietary allowances. Additionally, more nutritious foods are available for ala carte purchases. The Cafeteria staff will be working with your child to encourage him/her to select a variety of fresh fruits and vegetables daily!

EARN WHILE YOUR CHILDREN LEARN CAFETERIA WORKERS NEEDED PLEASE CALL 215-453-2767