

September 2022

Pennridge High School

Monday

Tuesday

Wednesday

Thursday

Friday

29
Bosco Sticks with
Marinara Sauce
Steamed Broccoli
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

30
2 Hot Dogs on
Buns
Baked Beans
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

31
Grilled Cheese
Sandwich
Tomato Soup
Baby Carrots
Fresh & Canned
Fruit

1
Chicken Patty
Sandwich
Smile Fries
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

2
NO SCHOOL

5
NO SCHOOL

6
French Toast Sticks
with Sausage
Tator Tots
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

7
Meatball Hoagie
Mixed Vegetables
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

8
Sweet & Sour
Chicken over Rice
Steamed Broccoli
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

9
Cheese Pizza
Tossed Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

12
Mozzarella Sticks
with Sauce
Steamed Broccoli
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

13
Taco Nachos
Black Bean Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

14
Homemade Sloppy
Joe Sandwich
Onion Rings
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

15
Chicken Nuggets
Baked French
Fries
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

16
Cheese Pizza
Tossed Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

19
Cheese Quesadilla
Pizza
Steamed Broccoli
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

20
Pasta & Meatball
Garlic Breadstick
Steamed Green
Beans
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

21
Cheeseburger on
Bun
Sweet Potato Fries
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

22
Popcorn Chicken
Mashed Potatoes
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

23
Cheese Pizza
Tossed Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

26
NO SCHOOL

27
Taco Nachos
Black Bean Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

28
Corn Dog
Smile Fries
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

29
Chicken Alfredo
over Pasta
Steamed Broccoli
Tossed Salad
Fresh & Canned
Fruit
Cho

30
Domino's Pizza
Tossed Salad
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

Served Daily

Lunch Choices:

1. Entree listed on menu
2. Fresh made Salads
3. Fresh made Hoagie/Wraps
4. PBJ Uncrustable Sandwich

Fresh & Canned Fruit may include: Apples, Oranges, Bananas, Apple Slices, Applesauce, Mixed Fruit, Mandarin Oranges, Peaches, Pears, Pineapples, Grapes, and 100% Fruit Juice
Milk Choices: Fat Free Chocolate and 1% White

Lunch Price: \$3.25

Reduced Lunch Price: \$0.40

Scan to apply for
Free/Reduced meals:



Cash or checks (made out to Pennridge Nutritional Services) can be sent into the cafeteria. Online payments can be made at www.ezschoollpay.com Sign up for free to view your child's purchases.

Questions? Call the
Nutritional Services office
215-453-2767