

# October 2021

# Pennridge High School

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.



**1**  
Pizza  
Steamed Broccoli  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**4**  
Corn Dogs  
French Fries  
Mixed Veggies  
Fresh & Canned Fruit  
Choice of Milk

**5**  
Cheesesteak Sandwich  
Onion Rings  
Golden Corn  
Fresh & Canned Fruit  
Choice of Milk

**6**  
Meatball Sub  
Steamed Green Beans  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**7**  
Chicken Fajitas  
Rice & Veggies  
Salsa  
Fresh & Canned Fruit  
Choice of Milk

**8**  
Pizza  
Steamed Broccoli  
Celery Sticks  
Fresh & Canned Fruit  
Choice of Milk

**11**  
**NO SCHOOL IN-SERVICE DAY**

**12**  
Taco Nachos  
Black Bean Salad  
Salsa  
Fresh & Canned Fruit  
Choice of Milk

**13**  
**TESTING**  
Grab & Go Lunch Provided

**14**  
Tempura Chicken Nuggets  
French Fries  
Mixed Vegetables  
Fresh & Canned Fruit  
Choice of Milk

**15**  
Pizza  
Steamed Broccoli  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**18**  
Grilled Cheese Sandwich  
Tomato Soup  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**19**  
Cheeseburger on Bun  
French Fries  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**20**  
2 Hot Dogs on Buns  
Baked Beans  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**21**  
Mandarin Orange Chicken  
Rice & Veggies  
Salsa  
Fresh & Canned Fruit  
Choice of Milk

**22**  
Pizza  
Steamed Broccoli  
Celery Sticks  
Fresh & Canned Fruit  
Choice of Milk

**25**  
Pasta & Meatballs  
Garlic Knot  
Steamed Green Beans  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**26**  
Chicken Tenders  
Mashed Potatoes  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**27**  
Taco Nachos  
Black Bean Salad  
Salsa  
Fresh & Canned Fruit  
Choice of Milk

**28**  
French Toast Sticks with Sausage  
Tator Tots  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

**29**  
Pizza  
Steamed Broccoli  
Baby Carrots  
Fresh & Canned Fruit  
Choice of Milk

## Served Daily

1. Assorted Hoagies/Wraps
2. Assorted Salads

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

\*PLEASE NOTE: MENUS ARE SUBJECT TO CHANGE AT ANY TIME DUE TO NATIONWIDE SUPPLY CHAIN CHALLENGES

## School Info

**ALL BREAKFAST & LUNCH MEALS ARE PROVIDED AT NO COST THROUGH JUNE 30, 2022 FOR ALL STUDENTS**