

October 2022

Pennridge High School

MONDAY

3
Chicken Patty Sandwich
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

10
NO SCHOOL
IN-SERVICE
DAY

17
Mozzarella Sticks with Sauce
Steamed Broccoli
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

24
Max Sticks with Sauce
Steamed Green Beans
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

31
Nacho Bites with Queso Sauce
Tossed Salad
Baby Carrots
Fresh & Canned Fruit
Choice of Milk
Fresh Baked Cookie!

TUESDAY

4
Sausage, Egg, & Cheese Bagel
Tator Tots
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

11
Taco Nachos
Black Bean Salad
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

18
2 Hot Dogs on Buns
Baked Beans
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

25
Cheeseburger on Bun
Sweet Potato Fries
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

WEDNESDAY

5
NO SCHOOL

12
TESTING
NO LUNCH
SERVED

19
Chicken Nuggets
Smile Fries
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

26
Buffalo Chicken Nachos
Black Bean Salad
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

THURSDAY

6
Buffalo Pork Sub
Onion Rings
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

13
Homemade Mac & Cheese
Stewed Tomatoes
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

20
Hot Ham & Cheese Croissant
Cream of Tomato Soup
Celery Sticks
Fresh & Canned Fruit
Choice of Milk

27
Popcorn Chicken
Baked French Fries
Fresh Veggies & Hummus
Fresh & Canned Fruit
Choice of Milk

FRIDAY

7
Cheese Pizza
Tossed Salad
Baby Carrots & Hummus
Fresh & Canned Fruit
Choice of Milk

14
Cheese Pizza
Tossed Salad
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

21
Cheese Pizza
Tossed Salad
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

28
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

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.

**BREAKFAST MEALS
ARE FREE FOR ALL
STUDENTS!!**

Apply for Free/Reduced
Price Lunch Meals:



Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

