

September 2022

Pennridge Middle Schools

Monday

Tuesday

Wednesday

Thursday

Friday

29
2 Hot Dogs on Bun
Baked Beans
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

30
Mozzarella Sticks with Marinara Sauce
Mixed Vegetables
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

31
Chicken Patty Sandwich
Smile Fries
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

1
Cheese Pizza
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

2
NO SCHOOL

5
NO SCHOOL

6
Corn Dog
Mixed Vegetables
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

7
Chicken Nuggets
Baked French Fries
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

8
Cheese Pizza (Domino's @ CENTRAL)
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

9
Grilled Cheese Sandwich
Tomato Soup
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

12
Pasta & Meatballs
Steamed Green Beans
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

13
Nachos with Meat & Cheese
Refried Beans
Salsa
Fresh & Canned Fruit
Choice of Milk

14
Popcorn Chicken
Sweet Potato Fries
Fresh Vegetables
Fresh & Canned Fruit
Choice of Milk

15
Cheese Pizza (Domino's @ SOUTH)
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

16
French Toast Sticks with Sausage
Tator Tots
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

19
Cheeseburger on a Bun
Smile Fries
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

20
Hot Ham & Cheese Croissant
Tomato Soup
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

21
Bosco Sticks with Marinara Sauce
Steamed Green Beans
Fresh Vegetables
Fresh & Canned Fruit
Choice of Milk

22
Cheese Pizza (Domino's @ NORTH)
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

23
Chicken Sticks
Sweet Potato Fries
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

26
NO SCHOOL

27
Walking Tacos
Refried Beans
Salsa
Fresh & Canned Fruit
Choice of Milk

28
Sweet & Sour Chicken over Rice
Steamed Broccoli
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

29
French Bread Pizza
Steamed Carrots
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

30
Meatball Hoagie
Tossed Salad
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

Served Daily

Lunch Choices:

1. Entree listed on menu
2. Daily Sandwich, Wrap, Hoagie, or Salad
3. 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 Price 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