

October 2022

Penridge Middle Schools

MONDAY

3
French Toast Sticks
with Sausage
Tator Tots
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

TUESDAY

4
Chicken Alfredo over
Pasta
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

WEDNESDAY

5
NO SCHOOL

THURSDAY

6
Cheese Pizza
(Domino's @ CENTRAL)
Steamed Carrots
Fresh Veggies
Fresh & Canned Fruit
Choice of Milk

FRIDAY

7
2 Hot Dogs on Buns
Baked Beans
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

10
**NO SCHOOL
IN-SERVICE
DAY**

11
Bosco Sticks with
Sauce
Steamed Green
Beans
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

12
Chicken Patty
Sandwich
Smile Fries
Celery Sticks
Fresh & Canned Fruit
Choice of Milk

13
Cheese Pizza
(Domino's @
SOUTH)
Steamed Broccoli
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

14
BBQ Pulled Pork
Sub
Baked Beans
Onion Rings
Fresh & Canned
Fruit
Choice of Milk

17
Homemade Chicken
Quesadilla
Golden Corn
Salsa
Fresh & Canned
Fruit
Choice of Milk

18
Pasta with Meat
Sauce & Garlic Knot
Steamed Green
Beans
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

19
Sausage, Egg, &
Cheese Bagel
Tator Tots
Baby Carrots
Fresh & Canned Fruit
Choice of Milk

20
Cheese Pizza
(Domino's @
NORTH)
Steamed Broccoli
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

21
Chicken Nuggets
Sweet Potato Fries
Fresh Veggies &
Hummus
Fresh & Canned Fruit
Choice of Milk

24
Mozzarella Sticks
with Sauce
Steamed Carrots
Tossed Salad
Fresh & Canned Fruit
Choice of Milk

25
Nachos with Meat
& Cheese
Refried Beans
Salsa
Fresh & Canned
Fruit
Choice of Milk

26
Popcorn Chicken
Sweet Potato Fries
Fresh Veggies
Fresh & Canned
Fruit
Choice of Milk

27
Assorted Pizza
Day!
Steamed Broccoli
Tossed Salad
Fresh & Canned
Fruit
Choice of Milk

28
Cheeseburger on a
Bun
Smile Fries
Baby Carrots
Fresh & Canned
Fruit
Choice of Milk

31
Max Sticks with
Sauce
Steamed Mixed
Vegetables
Tossed Salad
Fresh & Canned Fruit
Choice of Milk
Fresh Baked Cookie



Did you know?

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



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

Cash or checks (made out to Penridge 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.

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