

PENOBSCOT VALLEY HIGH SCHOOL

JUNE 2019

Monthly Average of Nutrients: Calories 772, Sodium 1286 mg, Total Fat 29.9% & Sat Fat 7.4%.
 Essential grains & breadings are 50% or more whole grain.
 Skim, 1% white, choc, coffee & strawberry milk flavors. Salad bar & Sandwich choices offered daily.
 Menus are subject to change w/o notice

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Nuggets & Rolls 3 Buttered Noodles Fresh Steamed Spinach Seasoned Carrots Fruit Cocktail <i>Brkfst: Breakfast Hash-brown</i>	Hamburger & Bun 4 Potato Wedges Roasted Corn Lettuce & Tomato Pears <i>Brkfst: Sausage Pizza</i>	"Chef Karen's Choice" 5 Warm Roll Green Beans/Chick-Pea salad Caesar Salad Peaches <i>Brkfst: To be announced</i>	Fresh Pizza 6 Steamed Broccoli Celery Sticks Applesauce <i>Brkfst: Banana Bread & cheese stix</i>	Deli Ham Sandwich 7 Potato Salad Veggie Sticks Banana <i>Brkfst: Cinnamon Bun & Cheese stick</i>
Chicken & Ranch Wrap 10 Pasta Salad Garden Greens Salad Fresh Apples <i>Brkfst: Breakfast Hash-brown</i>	BBQ Pulled Pork 11 Sandwich Baked Beans Squash / Mixed Veggies Strawberry Cup <i>Brkfst: Sausage Pizza</i>	Grilled Cheese 12 Sandwich Tomato Soup / Crackers Veggie Sticks Pears <i>Brkfst: To be announced</i>	Pancakes & Syrup 13 Sausage Patty Potato Hash-brown Carrot Sticks Strawberry cup <i>Brkfst: Cereal or Cereal bars</i>	Turkey Lunchables 14 W / Cheese Stick Goldfish Crackers Carrot & Cucumber Sticks Fruit Cocktail <i>Brkfst: Cereal or Cereal bars</i>
Deli Ham Sandwich 17 Potato Chips Veggie Sticks Assorted Fresh Fruits <i>Brkfst: Cereal or Cereal bars</i>	 18	Have a safe 19 And restful summer!	 20	Enjoy a summer 21 "kick-off" event at the park with The Love Alliance group on June 22 nd
 24	Summer feeding days 25 At ESS start July 9 th & run Tuesday, Wednesday & Thursday each week from July 9 th to August 1 st	 26	Visit the "Love Alliance" Hall 27 on Main Street in Howland for A "free" light meal this summer on Tuesdays beginning June 25 th & July 9 th , July 16 th , July 23 rd , & July 30 th	 28

"This institution is an equal opportunity provider"

