

PENOBSCOT VALLEY HIGH SCHOOL

MAY 2019

Monthly Average of Nutrients: Calories 752, Sodium 1268mg, Total Fat 29.8% & Sat Fat 9.1%. 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 **1**
Cornbread
Buttered Noodles
Spinach / Carrots
Orange Pineapple Mix
Brkfst: Cinnamon Bun & Cheese stick

BBQ Pork Sandwich **2**
Baked Beans
Seasoned Squash
Fresh Apples
Brkfst: French Toast sticks

Fresh Crust Pizza **3**
Cole Slaw
Celery Sticks & Dip
Fruit Cocktail
Brkfst: P/B Un-crustable

Chicken Nuggets **6**
Anadama Bread
Sweet Potato Fries
Peas
Applesauce
Brkfst: Breakfast Hashbrown

Hamburger & Bun **7**
Tater Tots
Roasted Corn
Lettuce & tomato slices
Pears
Brkfst: Sausage Pizza

Turkey Deli Sandwich **8**
Pasta Salad/Lettuce & tomato
Black Bean Salad
Baked Potato Chips
Fruit Cocktail
Brkfst: Breakfast Sandwich

Creamy Chicken Alfredo **9**
& Noodles / Warm Roll
Caesar Salad
Green beans / Peaches
Brkfst: Muffin & Cheese Stick

Fresh Pizza **10**
Broccoli & Cheese Sauce
Carrot Sticks
Grapes
Brkfst: Banana Bread & cheese stix

Hot Chicken Sandwich **13**
M. Potato & Gravy
Seasoned Squash
Cranberry Sauce
Peaches
Brkfst: Breakfast Hashbrown

Deli Ham Sandwich **14**
Potato Wedges
Celery & Cucumber sticks
Banana
Brkfst: Sausage Pizza

Spaghetti & Meat Sauce **15**
Bread stick / Green Beans
Seasoned Peas
Pears
Brkfst: P/B Un-crustable

Grilled Cheese Sandwich **16**
Tomato Soup
Crackers
Vegetable Sticks
Applesauce
Brkfst: French Toast sticks

Fresh Crust Pizza **17**
Garden Fresh Salad
Chick-Pea Salad
Carrot Sticks
Fruit Cocktail
Brkfst: Breakfast Cookie & cheese stix

Tacos & Fixin's **20**
Rice Pilaf
Seasoned Corn
Black Beans / Salsa
Peaches
Brkfst: Breakfast Hashbrown

Chicken Wrap w/
Cheese & Ranch **21**
Pasta Salad / Garden Salad
Roasted Chick-Peas
Fresh Apples
Brkfst: Sausage Pizza

Chicken Burgers **22**
Plain or Spicy
Potato Wedges
Mixed Veg's / Fruit Cocktail
Brkfst: Muffin & Cheese Stick
PVHS Awards Banquet-Congrats!

Fresh Pizza **23**
Garden Greens Salad
Celery Sticks & Dip
Pears
Brkfst: P/B Un-crustable

Egg Mc-Howler **24**
Hash-Brown Potato
Veggie Sticks & Dip
Orange Wedges
Brkfst: Banana Bread & cheese stix



Warm Pancakes & Syrup **28**
Sausage Patty
Hash-Brown Potato
Carrot sticks
Watermelon
Brkfst: Sausage Pizza

Creamy Macaroni & Cheese **29**
Steamed Broccoli
Seasoned Peas / Warm Roll
Strawberry/Blueberry Cup
Brkfst: Yogurt Parfait

Fish Nuggets **30**
Anadama Bread
M. Potato & Gravy
Carrots & Green Beans
Applesauce
Brkfst: French Toast sticks

Calzones & Dipping **31**
Sauce
Caesar Salad & Croutons
Veggie Sticks
Pears
Brkfst: Banana Bread & cheese stix

"This institution is an equal opportunity provider"