PENOBSCOT VALLEY HIGH SCHOOL

Menus for February 2017

All students are eligible to receive free breakfast & lunch. They must choose at least 3 full size servings of menu choices and one item must be ½ cup of fruit &/or 1/2 cup of vegetable at each meal.

Thank you for choosing our services!

		Wednesday, February 1	Thursday, February 2	Friday, February 3
		Early Release TT Training Deli Choice Sandwich Popcorn / Veggie Sticks w/ carrots & broccoli & Dip Banana / Pumpkin cookie *Bkst: Cereal Bars, Cereal, muffin*	American Chop Suey Anadama Bread Green beans / fresh steamed spinach / Pears *Bkst: French Toast sticks*	Fresh Pizza Garden Greens Salad Veggie Bar / Pasta Salad Apples *Bkst: Banana bread, cheese stix*
Monday, February 6	**Tuesday, February 7**	**Wednesday, February 8**	**Thursday, February 9**	**Friday, February 10**
Hamburger or Cheeseburger Potato Salad / Dill Pickles Veggie Bar Orange wedges *Bkst: Yogurt, crackers*	Hot Chicken Sandwich M. Potato & Gravy Peas / Squash Cranberry Sauce Fruit Cocktail *Bkst: Ultimate Breakfast Cookie*	Grilled Cheese Tomato Soup / Crackers Fresh Salad Bar & Veggies Peaches *Bkst: Pizza,*	Meatball Sub Sandwich Baked Potato Chips Corn / Celery Sticks Applesauce *Bkst: Cereal, cereal bars, Muffin, cheese stick*	Fresh Pizza Cole Slaw / Chick Pea Salad Pineapple tidbits Pumpkin Chip Cookie *Bkst: Egg Wrap*
Monday, February 13	**Tuesday, February 14**	**Wednesday, February 15**	**Thursday, February 16**	**Friday, February 17**
Calzones & Dipping Sauce Pasta Salad Fresh Salad & veggie bar Fruit Cocktail Banana *Bkst: Cereal Bars,*	Cheeseburger & Bun Corn Chowder / crackers Tomato & Corn Salad Fresh Oranges *Bkst: Breakfast hash-brown*	Chicken Patty & Bun Baked Beans Smiley Fries / Salad Bar Pears *Bkst: Cinnamon Bun*	Roast Pork & Gravy Warm wheat roll M. Potato & Gravy Fresh Turnip / Peas Applesauce *Bkst: P/B Uncrustable*	Fresh Pizza Caesar Salad & Croutons Fresh Salad veggies & Dip Strawberry Cup *Bkst: Donut, cheese stix*
Monday, February 20	**Tuesday, February 21**	**Wednesday, February 22**	**Thursday, February 23**	**Friday, February 24**
	Winter Break!		2/5 Super Bowl High school tourney week! 2/26 Daytona 500	
Monday, February 27	**Tuesday, February 28**			
Creamy Macaroni & cheese Fresh Roll Broccoli & Green Beans Peaches *Bkst: Muffin, cheese stick*	Chicken Nuggets Corn bread Sweet Potato / Peas Applesauce / Grapes *Bkst: Pizza*	**February** ▪ American Heart Month ▪ National Cherry Month ▪ National Grapefruit Month ▪ National Sweet Potato Month		

Milk choices: FF white, chocolate, coffee, & 1% white
*Daily meal choices may include: Deli Sandwich, P/B & Jelly, Chef Salad & grain.
*Essential grains are 51% or more whole grain.
*Salad bar includes seasonal fresh fruits and vegetables along w/romaine lettuce, tomatoes, cucumbers, peppers, broccoli, beans, & legumes.
Breakfast options vary daily & include: proteins, grains i.e. cereals & cereal bars, fresh fruits, milk & juice

Source: www.eatright.org