

# PENOBSCOT VALLEY HIGH SCHOOL

FEBRUARY 2019

Monthly Average of Nutrients: Calories 785, Sodium 1202mg, Total Fat 28.6% & Sat Fat 8.7%. 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



Breakfast Sandwich w/ Egg & cheese & Bacon **4**  
Hash-brown Potato  
Veggie stix & Dip  
Orange Smiles  
*Bkfst: Yogurt Parfait*

Creamy Mac' & Cheese **5**  
Italian Bread  
Buttered Peas  
Harvard Beets  
Fruit Cocktail  
*Bkfst: Sausage Breakfast Pizza*

Shepherd's Pie **6**  
Warm roll  
Mixed Vegetables  
Cucumber sticks  
Applesauce  
*Bkfst: Banana Bread & Cheese Stick*

Fresh Crust Pizza **7**  
Garden Salad  
Carrot Sticks  
Orange/pineapple fruit mix  
*Bkfst: Breakfast Oatmeal Cookie*

Chicken Nuggets **1**  
Warm Roll  
M.Potato & Gravy / Corn  
Banana  
*Bkfst: Egg Wrap*

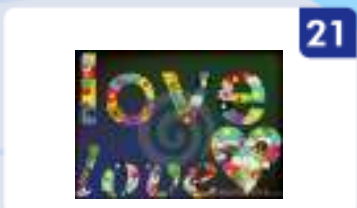
Taco & Fixin's **11**  
Corn / Salsa / B.Beans  
Rice Pilaf  
Diced Peaches  
*Bkfst: Breakfast Combo Bar*

Hamburger & Bun **12**  
Tater Tots  
Garden Salad & Dressing  
Cucumber Slices  
Pears  
*Bkfst: Sausage Breakfast Pizza*

Creamy Chicken Casserole **13**  
Garlic Bread  
Seasoned Noodles  
Steamed Broccoli & Carrots  
Fruit Cocktail  
*Bkfst: Banana Bread & Cheese Stix*

Pancakes & Sausage **14**  
Hash-brown  
Carrot Sticks & Dip  
Spiced Applesauce  
*Bkfst: Breakfast Sandwich*

Fresh Pizza **15**  
Rainbow Pepper Strips  
Cucumber Slices  
Orange Smiles  
*Bkfst: French Toast Sticks*



Hot Chicken Sandwich **25**  
M. Potatoes & Gravy  
Buttered Peas & Squash  
Fruit Cocktail  
*Bkfst: Yogurt Parfait*

Tasty Fish Sticks **26**  
Anadama Bread / Rice Pilaf  
Seasoned Carrots  
Green Beans  
Orange Wedges  
*Bkfst: Sausage Breakfast Pizza*

Creamy Chicken Alfredo **27**  
Garlic Bread  
Caesar Salad  
Buttered Brussel Sprouts  
Diced Peaches  
*Bkfst: Pancake on a Stick*

BBQ Pork 'Manwich' **28**  
Sweet Potato Fries  
Veggie Sticks & Dip  
Applesauce  
*Bkfst: Egg Wrap*

