

PENOBSCOT VALLEY HIGH SCHOOL

DECEMBER 2018

Monthly Average of Nutrients: Calories 768, Sodium 1319mg, Total Fat 29.0% & Sat Fat 8.4%. 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

Chicken Wraps w/ Cheese & Ranch **3**
 Chicken Soup / Crackers
 Garden Salad / Chickpea Salad
 Crisp Apples
Bkfst: Sausage Breakfast Pizza

Hot dog & Bun **10**
 Baked beans
 Cole Slaw / Fresh Onion
 Pretzel Twists
 Fruit Cocktail
Bkfst: Pancake on a Stick

Tacos & Fixin's **17**
 Rice Pilaf
 Corn/Salsa/Black Beans
 Lettuce/Tomatoes/Peppers
 Peaches
Bkfst: Sausage Breakfast Pizza

Tuesday

Shepherd's Pie **4**
 Warm Roll
 Beets
 Peaches
Bkfst: Bagel & Yogurt

Cheeseburgers **11**
 Tater tots
 Garden Greens Salad
 Cucumber Wedges
 Pears
Bkfst: Sausage Breakfast Pizza

Pancakes & Sausage **18**
 Maple Syrup
 Hash-brown Patty
 Carrot Sticks
 Warm Cinnamon Applesauce
Bkfst: Muffins & Yogurt

Wednesday

BBQ Pork Sandwich **5**
 Potato Wedges
 Baked Squash
 Fruit Cocktail
Bkfst: Breakfast Sandwich

Roast Turkey/Stuffing/Roll **12**
 M. Potato & Gravy
 Baked Squash / Peas
 Cranberry Sauce / Apples
 Pumpkin Dessert
Bkfst: Banana Bread

Spaghetti & Meat Sauce **19**
 Seasoned Green beans
 Broccoli
 Bananas
Bkfst: French Toast Sticks

Thursday

Fish Nuggets **6**
 Cornbread
 Rice Pilaf / Spinach
 Seasoned Carrots
 Pears
Bkfst: Cinnamon Bun & Cheese Stix

Creamy Mac' & Cheese **13**
 Seasoned Carrots
 Buttered Green Beans
 Crisp Grapes
Bkfst: P/B Uncrustable

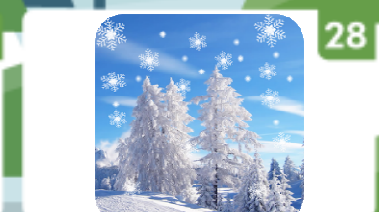
Calzones **20**
 Dipping Sauce
 Rainbow Pepper Strips
 Carrot Sticks & dip
 Pears
Bkfst: Banana bread

Friday

Fresh Cheese & Pepperoni Pizza **7**
 Broccoli & Cheese Sauce
 Carrot sticks
 Orange/Pineapple Mix
Bkfst: Egg Wrap

Fresh Pizza **14**
 Broccoli Salad
 Cucumber Slices
 Carrot Sticks & Dip
 Oranges
Bkfst: Breakfast Combo Bar

Chicken Patty & Bun **21**
 Oven Fries
 Crisp Lettuce & tomatoes
 Cauliflower
 Fruit Cocktail
Bkfst: Breakfast Sandwich



Penobscot Valley High School offers the Community Eligibility Provision program which allows us to provide free breakfast and lunch to all enrolled students. To receive our meals "free" students are required to take 3 of the 5 food groups i.e. meal components offered at both meals, **one must be a fruit or vegetable.** "The Maine Department of Education and the USDA are equal opportunity providers and employers."