

PENOBSCOT VALLEY HIGH SCHOOL

2019

Monthly Average of Nutrients: Calories 774, Sodium 1342mg, Total Fat 30% & Sat Fat 9.3%. 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

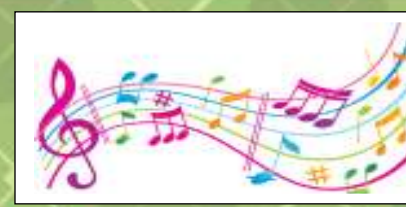
Monday

Tuesday

Wednesday

Thursday

Friday



Fresh Crust Pizza **1**
 Broccoli Crowns
 Cheese Sauce
 Cucumber Stix & Dip
 Oranges
Bkfst: Egg & Cheese breakfast wrap

Spaghetti & Meat Sauce **4**
 Seasoned Green Beans
 Baked Squash / Roll
 Diced Peaches
Bkfst: Yogurt & granola parfait

Grilled Cheese **5**
 Creamy tomato soup
 Crackers / Veggie Sticks
 Applesauce
Bkfst: Sausage Breakfast Pizza

Fish Sticks & roll **6**
 M. Potato & Gravy
 Carrots / Green Beans
 Oranges & Berry cup
Bkfst: French Toast Sticks

Hamburger & Bun **7**
 Tater tots
 Buttered Corn
 Fresh Lettuce & Tomatoes
 Pears
Bkfst: Egg & Ham Combo Bar

Fresh Pizza **8**
 Garden Greens Salad
 Roasted Chick-Peas
 Carrot Sticks
 Fruit Cocktail
Bkfst: P/B Un-Crustable

Taco & Fixin's **11**
 Corn / Salsa / Blk.Beans
 Rice Pilaf
 Diced Peaches
Bkfst: Pancake Sausage Stick

Hot Chicken Sandwich **12**
 M. Potatoes & Gravy
 Mixed veggies & Squash
 Banana
Bkfst: Sausage Breakfast Pizza

Creamy Mac' & Cheese **13**
 Roll / Buttered Peas
 Seasoned Carrots
 Strawberry cup
Bkfst: Banana Bread & Cheese stick

Popcorn Chicken **14**
 Fresh Garden Salad
 Corn Chowder & Crackers
 Cornbread / Applesauce
Bkfst: Ultimate Breakfast Cookie

No school **15**
March 10 Daylight Savings Begins
National Women's History Month
Music in our schools month
National Nutrition Month
Red Cross Month

Pancakes & Sausage **18**
 Hash-brown
 Carrot Sticks & Dip
 Pears
Bkfst: Yogurt & granola parfait

Fish Sticks **19**
 Anadama Bread
 Buttered Noodles
 Seasoned Carrots
 Green beans & Oranges
Bkfst: Sausage Breakfast Pizza

Oriental Chicken Stir Fry **20**
 W/ Peppers & Onions
 Rice Pilaf / Peas / Roll
 Pineapple Mix
Bkfst: Egg & Ham Combo Bar

Steak Sub or **21**
 BBQ Pork / Baked Beans
 Potato Wedges / Squash
 Blueberry Crisp
Bkfst: Cinnamon Bun & Cheese stick

Fresh Pizza **22**
 Broccoli Crowns
 Cheese Sauce
 Carrots / Apples
Bkfst: P/B Un-Crustable

Deli Turkey Sandwich **25**
 Pasta Salad / Baked Chips
 Fresh Lettuce & Tomato
 Fruit cocktail
Bkfst: French Toast Sticks

Cheeseburger **26**
 Potato Wedges
 Seasoned Carrots
 Pears
Bkfst: Sausage Breakfast Pizza

Roast Turkey / Stuffing **27**
 M. Potato & Gravy
 Squash / Peas / Roll
 Cranberry Sauce
 Oranges
Bkfst: Banana Bread & Cheese stick

Fresh Pizza **28**
 Garden Salad
 Carrot Sticks
 Orange & Pineapple Mix
Bkfst: Bagel & Cream Cheese

Chicken Burgers **29**
 Fresh Chili / Crackers
 Corn / Lettuce / Tomato
 Peaches
Bkfst: Breakfast Sandwich

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