

AUG/SEPTEMBER 2019

Chicken Burger 8/27
 Potato Wedges / Mixed Veggies
 Fresh Salad Bar
 Fruit Cocktail
Bkfst: Sausage Pizza

Creamy Mac & Cheese 8/28
 Warm Roll / Peas
 Steamed broccoli
 Strawberries
Bkfst: Yogurt Parfait

Fresh Pizza 8/29
 Garden Salad
 Veggie Sticks / Chick Peas
 Peaches & Apples
Bkfst: Banana Bread

**PENOBSCOT
 VALLEY HIGH
 SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>BBQ Pork Sandwich Sweet Potato Fries Creamy Cole Slaw Applesauce</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>4</p> <p>Spaghetti & Meat Sauce Warm Garlic bread Roasted Summer Squash Green beans / Pears</p> <p><i>Rkfst: Muffins & Cheese stick</i></p>	<p>5</p> <p>Chicken Nuggets Fresh Roll / Baked Beans Peas / Carrots Fruit Cocktail</p> <p><i>Rkfst: Breakfast Sandwich</i></p>	<p>6</p> <p>Fresh Hot Pizza Broccoli & Cheese Sauce Fresh Cucumber Slices Orange Wedges</p> <p><i>Rkfst: Super Cinnamon Roll</i></p>
<p>9</p> <p>Tacos & Fixin's Salsa / Rice Pilaf Sweet Corn / Black Beans Peaches</p> <p><i>Rkfst: Breakfast Hash-brown</i></p>	<p>10</p> <p>Creamy Chicken Alfredo Warm Roll Caesar Salad / Green beans Crisp Apples</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>11</p> <p>Hamburger & Bun Chicken Veg Soup / Crackers Garden Greens Salad Pears</p> <p><i>Rkfst: French Toast Sticks</i></p>	<p>12</p> <p>Breaded Fish Sticks Warm Cornbread M. Potato & Gravy Fresh steamed Spinach / Carrots</p> <p><i>Rkfst: Pancake</i></p>	<p>13</p> <p>Fresh Hot Pizza Pasta Salad / Veggie Sticks Broccoli Salad Oranges</p> <p><i>Rkfst: Banana Bread</i></p>
<p>16</p> <p>Shepherd's Pie Warm Roll Buttered Beets Fresh Grapes</p> <p><i>Rkfst: Banana Bread</i></p>	<p>17</p> <p>Breakfast Croissant Egg, Cheese & Ham Hash-Brown /Veggie Sticks Fruit Cocktail</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>18</p> <p><u>Teacher Training Dis: 12:00</u> Cheese or Pep. Pizza Carrot & Cucumber Sticks & dip Fresh Apples</p>	<p>19</p> <p>BBQ Chicken Breast Warm Roll / Cole Slaw Potato Salad / Corn Applesauce</p> <p><i>Rkfst: Pancakes on a Stick</i></p>	<p>20</p> <p>Chicken Burger Sweet Potato Fries Fresh Salad Bar Peaches</p> <p><i>Rkfst: P/R Unmistakable</i></p>
<p>23</p> <p>Hamburger & Bun Baked Beans / Pickles Garden Salad Pineapple Tidbits</p> <p><i>Rkfst: Breakfast Hash-brown</i></p>	<p>24</p> <p>Grilled Cheese Sandwich Tomato Soup & Crackers Vegetable & Salad Bar Banana</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>25</p> <p>Roast Turkey & Stuffing Warm Roll / Peas / Squash M. Potato & Gravy Applesauce</p> <p><i>Rkfst: P/R Unmistakable</i></p>	<p>26</p> <p>American Chop Suey Fresh Biscuit Green beans / Spinach Pears</p> <p><i>Rkfst: Muffins & Cheese stick</i></p>	<p>27</p> <p>Calzones & Dipping Sauce Fruit & Veggie Bar Tater Tots Peaches</p> <p><i>Rkfst: Banana Bread</i></p>
<p>30</p> <p>Pancakes & Syrup Sausage Patty Hash-brown / Veggie Bar Oranges</p> <p><i>Rkfst: Breakfast Wrap</i></p>	<p>Monthly Average of Nutrients: Calories 756, Sodium 1251mg, Total Fat 29.9% & Sat Fat 8.7%. Essential grains & breadings are 50% or more whole grain. Skim, 1% white, FF. choc., & strawberry milk flavors. Salad bar & sandwich choices offered daily. Menus are subject to change w/o notice</p>			

Penobscot Valley High School offers the Community Eligibility Provision program which allows us to provide **free breakfast and lunch** to all enrolled students. Students are required to take 3 of the 5 food groups/components offered, one must be a fruit or vegetable. Students must also take a fruit or fruit juice at breakfast.