

# PENOBSCOT VALLEY HIGH SCHOOL

AUGUST - SEPTEMBER 2017

Monthly Average of Nutrients: Calories 779,  
Sodium 1344 mg, Total Fat 29.7% & Sat Fat 8.5%  
Menus are subject to change w/o notice.  
Essential grains & breadings are 50% or more whole grain.  
Skim, 1% white, FF choc. Coffee & strawberry flavors.



## Monday

FREE MEALS TO ALL STUDENTS  
BREAKFAST AND LUNCH.  
TO PARTICIPATE CHILDREN MUST TAKE a ½ CUP OF  
FRUIT OR VEGETABLE AT BOTH MEALS  
AND AT LEAST 2 OTHER ITEMS  
PER THE USDA'S FEDERAL MEAL REQUIREMENTS

## Tuesday

## Wednesday

## Thursday

## Friday

Chicken Patty & Bun  
Smiley Fries / Corn  
Lettuce & Tomato  
Watermelon Slices

Spaghetti & Meats sauce  
Warm Roll / Green beans  
Celery Sticks / Pears

Cheese/Pepperoni **1**  
Pizza / Caesar Salad  
Cucumber stix / Chickpea Salad  
Applesauce

*Bkfst: French Toast Sticks*

*Bkfst: Yogurt Cup & Crackers*

*Bkfst: Combo Bar*



**4** Tacos & Fixings  
Rice Pilaf / Black Beans/ Corn  
Lettuce/Peppers/Tomatoes  
Salsa & Peaches

*Bkfst: Sausage Pizza*

**5** Creamy Macaroni  
& Cheese  
Broccoli & Green Beans  
Warm Blueberry Crisp

*Bkfst: Cheese stick & Cereal*

**6** Hamburger & Bun  
Potato Salad / Pickles  
Lettuce & Tomatoes  
Oven Grilled Peppers & Onions  
Fresh Orange Wedges

*Bkfst: Super Cinna Bun*

**7** Fresh Pizza, cheese/pep **8**  
Garden Greens Salad  
Carrot sticks & dip  
Baked Apples & Cinnamon

*Bkfst: Pancake on a Stick*

**11** Pancakes & Syrup  
Sausage Patty  
Hash brown Potato  
Veggie Sticks / Strawberry Cup

*Bkfst: Bagel & Cream Cheese*

**12** Shepherd's Pie  
Warm Roll  
Seasoned Beets  
Fresh Apples

*Bkfst: Egg Wrap*

**13** TT Early Release 12:00 PM  
Deli Ham Sandwich  
SmartPop Popcorn  
Carrot & Cucumber Sticks  
Banana & Cookie!

*Bkfst: Waffle Sticks*

**14** Chicken & Ranch Wrap  
w/ Cheese  
Seasoned Peppers & Onions  
Buttered Corn/Sweet Potato FF  
Orange Wedges

*Bkfst: Yogurt Cup & Crackers*

**15** Fresh Pizza cheese/pep  
Steamed Broccoli &  
Cheese Sauce  
Salad Bar fruit & veggies  
Pineapple Mix

*Bkfst: Cheese stick & Muffin*

**18** Sloppy Joe's  
Or Tuna Sandwich  
Oven Crisp Fries  
Squash  
Fruit Cocktail

*Bkfst: Sausage Pizza*

**19** Creamy Chicken Alfredo  
Warm Italian bread  
Caesar salad / Brussel Sprouts  
Crisp Grapes

*Bkfst: French Toast Minis*

**20** Hot Dog & Bun  
Baked Beans / Cole Slaw  
4 Bean Salad / Diced Onion  
Banana

*Bkfst: Yogurt Cup & Crackers*

**21** Roast Pork & Gravy  
Mashed Potato / Turnip  
Peas / Warm roll  
Cherry Crisp

*Bkfst: Banana Bread & fruit*

**22** Fresh Pizza cheese/pep  
Garden Salad w/Romaine  
Carrot Sticks, Trail Mix &  
Pineapple

*Bkfst: Combo Bar*

**25** Toasted Cheese Sandwich  
Tomato soup / Crackers  
Broccoli Salad / Cucumber stix  
Pears

*Bkfst: Sausage Pizza*

**26** BBQ Pork Sandwich  
Sweet Potato Wedges  
Baked Beans / Buttered Corn  
Watermelon

*Bkfst: Muffin & Cereal*

**27** Chicken Nuggets  
Warm cornbread  
Mashed Potato & Gravy  
Peas / Applesauce

*Bkfst: Breakfast Sandwich*

**28** Tuna & Noodles  
Warm Italian Bread  
Buttered Spinach / Peas  
Fresh Orange Wedges

*Bkfst: Yogurt Cup & Crackers*

**29** Fresh Calzones  
Pasta Salad  
Salad Bar veggies & fruits  
Peaches

*Bkfst: Mini Waffles*

Breakfast served daily in the cafeteria @ 7:30 AM & again at 9:20 AM break. Students may participate only once or buy a second breakfast or ala carte item.

All ala carte items & adult meals are cash only unless money is prepaid on account. Sandwich choices available daily: P/B, ham, turkey, egg or tuna.

Fresh salad bar daily w/romaine, spinach, tomatoes, peppers, cucumbers, fresh fruits and seasonal items. All menus are subject to change without notice.

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