

**PHS/JMS: Breakfast No Charge**

**PHS/JMS Extra Entree \$1.50**

Additional or Milk Only \$0 .50

Adult \$2.50 Extra Entree \$1.50

**PHS/JMS: Lunch No Charge**

**PHS/JMS Extra Entree \$1.50**

Additional or Milk Only \$0 .50

Adult Lunch \$5.00 Extra Entree \$1.50

# PHS/JMS

## December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1
<b>NO SCHOOL</b>	<b>Breakfast</b> Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Pizza Fresh Fruit or Juice <b>Main Line</b> Cheeseburger/WG Bun Sweet Potato Fries Italian Blend Vegetables Fruit & Veggie Bar <b>Rails Express Line</b> General Tso's Chicken	<b>Breakfast</b> Cereal Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice <b>Main Line</b> Corn Dog Spud Bites Baked Beans Fruit & Veggie Bar <b>Rails Express Line</b> Philly Cheesesteak	<b>Breakfast</b> Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice <b>Main Line</b> WG Chicken Drumstick Mashed Potatoes & Gravy Peas & Carrots WG Cinn Roll Fruit & Veggie Bar <b>Rails Express Line</b> Turkey Sub	<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice <b>Main Line</b> Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit & Veggie Bar <b>Rails Express Line</b> Spicy Chicken Patty
4	5	6	7	8
<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice <b>Main Line</b> Homemade Italian Dunkers w/ Cheesy Bread Stick Steamed Green Beans Fruit & Veggie Bar <b>Rails Express Line</b> Super Nachos	<b>Breakfast</b> Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Burrito Fresh Fruit or Juice <b>Main Line</b> Chicken Patty/WG Bun French Fries Baked Beans Fruit & Veggie Bar <b>Rails Express Line</b> Beef Teriyaki Bowl	<b>Breakfast</b> Cereal Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice <b>Main Line</b> Stuffed Crust Cheese Pizza California Blend Vegetables Fruit & Veggie Bar <b>Rails Express Line</b> Pepper Jack Grilled Chicken	<b>Breakfast</b> Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice <b>Main Line</b> Mandarin Orange Chicken Steamed Brown Rice & WG Roll Golden Corn Fruit & Veggie Bar <b>Rails Express Line</b> BBQ Pulled Pork	<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack Bread or The Brekkie Fresh Fruit or Juice <b>Main Line</b> Sloppy Joe/WG Bun Sun Chips 4 Blend Vegetables Fruit & Veggie Bar <b>Rails Express Line</b> Meatball Sub
11	12	13	14	15
<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice <b>Main Line</b> Chicken Nuggets Au Gratin Potatoes Peas & Carrots Fruit & Veggie Bar <b>Rails Express Line</b> Super Nachos	<b>Breakfast</b> Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Pizza Fresh Fruit or Juice <b>Main Line</b> California Burger/WG Bun Tater Tots Green Beans Fruit & Veggie Bar <b>Rails Express Line</b> General Tso's Chicken	<b>Breakfast</b> Cereal Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice <b>Main Line</b> Mac & Cheese w/Mini Corn Dogs Steamed Broccoli Fruit & Veggie Bar <b>Rails Express Line</b> Philly Cheesesteak	<b>Breakfast</b> Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice <b>Main Line</b> Pasta w/Chicken Alfredo Sauce Garlic Bread Stick 4 Blend Vegetables Fruit & Veggie Bar <b>Rails Express Line</b> Turkey Sub	<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice <b>Main Line</b> Taco In a Bag Golden Corn Refried Beans Fruit & Veggie Bar <b>Rails Express Line</b> Spicy Chicken Patty
18	19	20	21	22
<b>Breakfast</b> Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice <b>Main Line</b> Pizza Quesadilla California Blend Vegetables Fruit & Veggie Bar <b>Rails Express Line</b> Super Nachos	<b>Breakfast</b> Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Burrito Fresh Fruit or Juice <b>Main Line</b> Hot Ham & Cheese Crinkle Fries Cookie Steamed Green Beans Fruit & Veggie Bar <b>Rails Express Line</b> Beef Teriyaki Bowl	<b>Breakfast</b> Cereal Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice <b>Main Line</b> Hot Dog/WG Bun Cheez - It Crackers Baked Beans Fruit & Veggie Bar <b>Rails Express Line</b> Pepper Jack Grilled Chicken	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
25	26	27	28	29
				

All meals include a choice of skim or 1% and chocolate skim milk.

Menu Subject to Change

Lactose reduced milk will be made available upon request from any parent of a child who is lactose intolerant signed by a licensed physician.

**Fruit & Veggie Bar options may include:** Fresh Apples, Bananas, Cantaloupe, Kiwi, Nectarines, Oranges, Pears, Plums or Watermelon.

Applesauce, Mixed Fruit, Diced Peaches & Pears, Pineapple, Strawberry Cups. Fresh Romaine, Spinach, Spring Mix, Iceberg Lettuce, Broccoli,

Carrots, Cauliflower, Celery, Cucumbers, Sweet Peas, Legumes, Onions, Green, Orange & Red Peppers, Yam Sticks or Tomatoes.

**Grains:** All Breads, Rolls, Pasta & Pizza are Whole Grain Rich

If you have any questions please contact School Nutrition Coordinator

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This institution is an equal opportunity provider.