

August/September Lunch Menu

Penns Grove Middle School



Welcome Back!
We Have Missed You!
Have a Great Year!

Monday August 30

Chicken Tenders W/ Dinner Roll
Sweet Corn, Baby Carrots
Apple Slices, Chilled Fruit

Tuesday August 31

Bosco Cheese Sticks W/ Marinara Dipping Sauce
Green Beans, Celery Sticks
Grapes, Chilled Fruit

Wednesday September 1

BBQ Bacon Cheese Burger
French Fries, Lettuce, Tomato, Pickles
Orange Wedges, Chilled Fruit

Thursday September 2

Spicy Chicken Sandwich
Steamed Carrots, Celery Sticks
Apples, Chilled Fruit

Friday September 3 & Monday September 6

NO SCHOOL
Happy Labor Day



Tuesday September 7

Pasta W/ Chicken Alfredo Sauce, Dinner Roll
Broccoli , Baby Carrots
Granny Smith Apples, Chilled Fruit

Wednesday September 8

General Tso's Chicken Over Rice
Veggie Boat, Mixed Vegetables
Orange Wedges, Chilled Fruit

Thursday September 9th

Cheesesteaks Sandwich
Potato Wedges, Lettuce Tomato Pickles
Blueberries, Raisins

Friday September 10th

Taco Bar (Hard Shell or Tortilla)
All Your Favorite Toppings!
Mixed Fruit Salad, Chilled Fruit

Monday September 13th

Chicken Nuggets, Dinner Roll
Sweet Corn, Celery Sticks
Apples, Chilled Fruit

Tuesday September 14th

Meatball Parmesan Sub
Pasta Salad, Green Beans
Oranges, Chilled Fruit

Wednesday September 15th

Macaroni and Cheese
Stewed Tomatoes, Fresh Broccoli
Strawberries, Chilled Fruit

Thursday September 16th

Bread Fish Filet W/ Dinner Roll
Tartar Sauce or Hot Sauce
Steamed Red Potatoes, Coleslaw
Grapes, Chilled Fruit

Friday September 17th

Chicken Sandwich on a Kaiser Roll
French Fries, Crunchy Broccoli Salad
Mixed Fruit Salad, Chilled Fruit

Monday September 20

Chicken Fajitas W/WO Peppers and Onions
Black Bean Salsa, Rice, Guacamole
Pineapple, Chilled Fruit

Tuesday September 21

Mozzarella Sticks W/Sauce
Mixed Vegetables, Baby Carrots
Apple Slices, Chilled Fruit

Wednesday September 22

Cheese or Pepperoni Calzone
Mixed Vegetables, Baby Carrots
Apple Slices, Chilled Fruit

Thursday September 23

Pulled Pork Sandwich
Baked Beans, Potato Salad
Raisins, Chilled Fruit

Friday September 24

BBQ Bacon Cheese Burger
Onion Rings, Lettuce, Tomato, Pickles
Orange Wedges, Chilled Fruit

Monday September 27

Chicken Tenders W/ Dinner Roll
Steamed Broccoli, Baby Carrots
Fresh Melon, Chilled Fruit

Tuesday September 28

Brunch 4 Lunch!
Dutch Waffle W/ Sausage Patty
Hash Rounds, Grape Tomatoes
Mixed Fruit, Chilled Fruit

Wednesday September 29

Roast Turkey W/ Mashed Potatoes (Gravy)
Green Beans, Apple Crisp
Melon, Chilled Fruit

Thursday September 30

Spicy Chicken Sandwich
Steamed Carrots, Celery Sticks
Apples, Chilled Fruit

Any Questions?

Please Contact the Food
Service Office
610-932-6660

All Lunches are served
with a choice of Fat Free
Flavored Milk or 1%
White Milk



What's in a Meal?

Choice of Milk
1 Entrée
1 Fruit
1 or 2 Vegetables
1 Grain

You must choose at least 3
items (1 fruit or Vegetable)
or you may choose up to 5
items for a no cost lunch!

**Breakfast and Lunch will be
offered at no charge for
the 21/22 School Year**

**Second Meals or a la carte
items (single items) must
be paid for from your
child's account.**

www.schoolcafe.com