



PALMYRA HEADSTART December 2017 LUNCH MENU

BREAKFAST MENU

Monday

Waffles

Tuesday

Assorted Cereal w/ WG
Toast

Wednesday

Breakfast Pizza

Thursday

French Toast Sticks

Friday

Warm Bagel

Daily Breakfast

Choices:

Assorted Whole Grain
Cereals with Toast

All breakfasts served
with Non Fat Milk &
Variety of Fruit Choices

**Daily snack is listed
below lunch. 4oz Skim
Milk is included
with snack.**



We are currently searching
for cafeteria employee
candidates. Complete and
submit your application to
Palmyra's District or High
School office today!
www.pasd.us

Food Service Director
Maria Kreider
Maria_Kreider@pasd.us

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|---|---|--|---|
| | | | | 1 Cheese Pizza Steamed Broccoli Petite Banana Low Fat Milk |
| | | | | Honey Belly Bears |
| 4 Chicken Nuggets w/ a WG Soft Pretzel Mixed Vegetables Applesauce Low Fat Milk | 5 Hot Dog on a WG Bun Baked Beans Peach Slices Low Fat Milk | 6 Breakfast for Lunch! Mini Maple Waffle Bites Mixed Fruit Low Fat Milk | 7 Cheeseburger on a WG Bun Oven Roasted Carrots Sliced Pears Low Fat Milk | 18 Cheese Pizza Garden Salad Fresh Apple Slices Low Fat Milk |
| Raisins | Soft Pretzel | Cheese Stick | Cucumber Slices | Honey Belly Bears |
| 11 Cheeseburger on a WG Bun Celery Sticks Mandarin Oranges Low Fat Milk | 12 Chicken Patty on a WG Bun Mixed Vegetables Diced Peach Cup Low Fat Milk | 13 Chicken Nugget Munchable Cucumber Slices Applesauce Cup Low Fat Milk | 14 Meatball Hoagie on a WG Bun Green Beans Diced Pears Low Fat Milk | 15 Cheese Pizza Steamed Broccoli Blueberries Low Fat Milk |
| Raisins | Soft Pretzel | Cheese Stick | Cucumber Slices | Honey Belly Bears |
| 18 Hot Dog on a WG Bun Baked Beans Craisins Low Fat Milk | 19 Beefy Cheesy Nachos WG Bread Slice Cucumber Slices Mandarin Oranges Low Fat Milk | 20 Cougar Bowl with a WG Bread Slice Fresh Apple Slices Low Fat Milk | 21 Cheese Pizza Garden Salad Mixed Fruit Low Fat Milk Holiday Cookie | 22 Early Dismissal—Bagged Lunch |
| Raisins | Soft Pretzel | Cheese Stick | Cucumber Slices | |
| 25 No School—Happy Holidays! | 26 No School—Happy Holidays! | 27 No School—Happy Holidays! | 28 No School—Happy Holidays! | 29 No School—Happy Holidays! |
| | | | | |