



PALMYRA HEADSTART February 2018 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 Grilled Cheese Steamed Carrot Coins Mixed Fruit Low Fat Milk	2 Cheese Pizza Steamed Broccoli Fresh Apple Slices Low Fat Milk
			Celery & Sun Butter	Honey Belly Bears
5 Chicken Nuggets w/ a WG Soft Pretzel Baked Beans Cinnamon Applesauce Low Fat Milk	6 Beefy Cheesy Nachos WG Bread Slice Sweet Corn Pineapple Tidbits Low Fat Milk	7 Breakfast for Lunch with Mini Waffles Chicken Sausage Patty Smiley Fries Diced Peaches Low Fat Milk	8 Meatball Hoagie on a WG Bun Green Beans Mandarin Oranges Low Fat Milk	9 Cheese Pizza Steamed Broccoli Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Celery & Sun Butter	Honey Belly Bears
12 Hot Dog on a WG Bun Crispy French Fries Sliced Peaches Low Fat Milk	13 Cheeseburger on a WG Bun Baked Beans Blueberries Low Fat Milk	14 Nacho Munchable Cucumber Slices Sweet Red Grapes Low Fat Milk	15 Chicken Patty on a WG Bun Honey Glazed Carrots Diced Pears Low Fat Milk	16 Cheese Pizza Steamed Broccoli Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Celery & Sun Butter	Honey Belly Bears
19 No School	20 Hot Ham and Cheese on a Pretzel Roll Steamed Green Beans Mixed Fruit Low Fat Milk	21 Cougar Bowl w/ a WG Bread Slice Mandarin Oranges Low Fat Milk	22 BBQ Rib on a WG Bun Garden Salad Diced Pears Low Fat Milk	23 Cheese Pizza Steamed Broccoli Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Celery & Sun Butter	Honey Belly Bears
26 Hot Turkey and Cheese on a Pretzel Bun Crispy French Fries Diced Strawberries Low Fat Milk	27 Beefy Cheesy Nachos WG Bread Slice Refried Beans Cinnamon Applesauce Low Fat Milk	28 Macaroni & Cheese w/ a WG Bread Slice Honey Glazed Carrots Mixed Fruit Low Fat Milk	1 Chicken Patty on a WG Bun Honey Glazed Carrots Diced Pears Low Fat Milk	2 Cheese Pizza Steamed Broccoli Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Celery & Sun Butter	Honey Belly Bears