



PALMYRA HEADSTART January 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 No School Happy New Year!	2 Chicken Nuggets w/ a WG Soft Pretzel Steamed Carrots Diced Peaches Low Fat Milk	3 Breakfast for Lunch! Mini Maple Waffle Bites Chicken Sausage Patty Smiley Fries Applesauce Low Fat Milk	4 Chicken Patty on a WG Bun Cucumber Slices Diced Pears Low Fat Milk	5 Cheese Pizza Garden Salad Fresh Apple Slices Low Fat Milk
				Honey Belly Bears
8 Hot Dog on a WG Bun Sweet Potato Fries Mixed Fruit Low Fat Milk	9 Cheeseburger on a WG Bun Baked Beans Mandarin Oranges Low Fat Milk	10 Cougar Bowl with a WG Bread Slice Fresh Apple Slices Low Fat Milk	11 Meatball Hoagie on a WG Bun Green Beans Diced Pears Low Fat Milk	12 Cheese Pizza Garden Salad Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears
15 No School	16 Corn Dog Nuggets Crispy French Fries Blueberries Low Fat Milk	17 Chicken Nugget Munchable Cucumber Slices Applesauce Cup Low Fat Milk	18 Beefy Cheesy Nachos WG Bread Slice Refried Beans Mandarin Oranges Low Fat Milk	19 Early Dismissal— Bagged Lunch
	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears
22 Hot Dog on a WG Bun Baked Beans Sliced Peaches Low Fat Milk	23 Hot Ham and Cheese on a Pretzel Roll Steamed Carrots Grapes Low Fat Milk	24 Ham & Cheese Munchable Steamed Broccoli Mandarin Oranges Low Fat Milk	25 Meatball Hoagie on a WG Bun Green Beans Diced Pears Low Fat Milk	26 Cheese Pizza Garden Salad Fresh Apple Slices Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears