



PALMYRA HEADSTART November 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 Hot Turkey & Cheese on a Pretzel Bun Steamed Carrots Pineapple Tidbits Low Fat Milk	2 Chicken Patty on a WG Bun Seasoned Broccoli Fruit Salad Low Fat Milk	3 Cheese Pizza Seasoned Green Beans Petite Banana Low Fat Milk
		Cheese Stick	Cucumber Slices	Honey Belly Bears
6 Chicken Tenders w/ a WG Pumpkin Pretzel Mixed Vegetables Applesauce Low Fat Milk	7 Hot Turkey & Cheese on a Pretzel Bun Baked Beans Peach Slices Low Fat Milk	8 Breakfast for Lunch! French Toast Sticks Sausage Patty Diced Strawberries Low Fat Milk	9 Cheeseburger on a WG Bun Seasoned Green Beans Sliced Pears Low Fat Milk	10 Early Dismissal
Raisins	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears
13 Chicken Patty on a WG Bun Celery Sticks Mandarin Oranges Low Fat Milk	14 Italian Dunkers Honey Glazed Carrots Chilled Pears Low Fat Milk	15 Thanksgiving Dinner! Oven Roasted Turkey Mashed Potatoes Corn Cinnamon Apple Slices Low Fat Milk	16 Meatball Hoagie on a WG Bun Baked Beans Mandarin Oranges Low Fat Milk	17 Cheese Pizza Steamed Broccoli 100% Fruit Juice Low Fat Milk
Raisins	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears
20 No School—Happy Thanksgiving!	21 No School—Happy Thanksgiving!	22 No School—Happy Thanksgiving!	23 No School—Happy Thanksgiving!	24 No School—Happy Thanksgiving!
Raisins	Soft Pretzel	Cheese Stick	Cucumber Slices	Honey Belly Bears
27 No School—Happy Thanksgiving!	28 Hot Dog on a WG Bun Steamed Carrots Mandarin Oranges Low Fat Milk	29 Cougar Bowl w/ Fresh Sliced Bread Diced Peaches Low Fat Milk	30 Cheeseburger on a WG Bun Baked Beans Cinnamon Applesauce	
	Soft Pretzel	Cheese Stick	Cucumber Slices	