



# Pottsgrove Elementary School Breakfast/Lunch Menu february 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Choices:</b> <i>Morning Editions</i> *Daily Entrée *Cereal with Graham Crackers *Bagel with Cream Cheese Offered with: Juice, Canned or Fresh Fruit and Milk Selection <b>\$1.30 Student 1.70 Adult</b>	<b>Food Focus:</b> Low fat Yogurt <i>Low fat yogurt is a good source of protein &amp; an excellent source of calcium you need for strong bones &amp; teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.</i>	<b>Entrees</b> Beefaroni w/dinner roll Cheeseburger on a bun Ham&Cheese/whole wheat PB&J on wheat bread <b>Side Items</b> Seasoned Corn Peaches Egg, Sausage, Cheese Muffin	<b>Entrees</b> BBQ Chicken on a bun Hot Dog Italian Hoagie PB&J on wheat <b>Side Items</b> Peas & Carrots, Tater Tots Pineapple Tidbits French Toast Sticks & Ham	<b>Super Bowl Party</b> Patriots Cheese Pizza Half-timeHamburger/wheat Touchdown TunaSalad/wheat w/Veg. Pasta Salad PB&J on wheat bread <b>Side Items</b> Giants Green Beans Super Bowl Fruit Mix Breakfast Burrito w/Salsa
<b>Entrees</b> BBQ Pork Riblet on bun w/Confetti Coleslaw Hot Dog Turkey Sand./whole wheat PB&J on wheat bread <b>Side Items</b> Peas, GreatNorthern Beans Cinnamon Applesauce Sausage Pancake on a Stick	<b>Entrees</b> Popcorn Chicken w/Oriental Fried Rice/duck sauce Pulled Pork Sandwich Yogurt Fun Lunch PB&J on wheat <b>Side Items</b> Seasoned Green Beans Pineapple Tidbits Sausage,Egg,Ch. Wheat Muffin	<b>Entrees</b> Taco with salsa and low fat Yogurt Cheeseburger Ham&Cheese/whole wheat PB&J on wheat bread <b>Side Items</b> Steamed Carrot Coins Hot Apple Crisp Waffle & Ham Slice	<b>Entrees</b> Baked Potato w/Broccoli, Cheese, Soft Pretzel Chicken Fajita w/salsa Italian Hoagie PB&J on wheat bread <b>Side Items</b> Seasoned Corn Fruit Cocktail Breakfast Bacon Pizza	<b>Entrees</b> Cheese Pizza Fish Sticks/mac & cheese Tuna Salad/wheat bun w/ Vegetable Pasta Salad PB&J on wheat bread <b>Side Items</b> Peas & Carrots Peach Cup French Toast Sticks
<b>Entrees</b> Beef & Bean Nachos w/ cheese sauce Cheeseburger Turkey Sand./whole wheat PB&J on wheat bread <b>Side Items</b> Mixed Veggies Chilled Peaches Sausage Links & Hash Brown	<b>Entrees</b> Chicken Nuggets, roll & honey mustard Chicken Quesadilla Bagel Fun Lunch PB&J on wheat bread <b>Side Items</b> Mashed Potatoes Chilled Pears Dutch Waffle	<b>Safari Day</b> Lion King Hot Turkey Sand. Sweet/Sour Popcorn Chicken Ham&Cheese/whole wheat PB&J on wheat bread Free Jungle Crackers <b>Side Items</b> Giraffe Veggie Sticks/dip Zebra Mixed Fruit Fruit Streusel Pizza	<b>Entrees</b> Pasta w/meatsauce and Breadstick Hot Dog Italian Hoagie PB&J on wheat bread <b>Side Items</b> Seasoned Green Beans Hot Apple Slices Scrambled Egg/Cheese Muffin	<b>Entrees</b> Cheese Pizza Italian Meatball Sandwich Tuna Salad/wheat bun w/ Vegetable Pasta Salad PB&J on wheat bread <b>Side Items</b> Peas Pineapple Tidbits Breakfast Sausage Pizza
<b>NO SCHOOL</b>  <b>Smartwells Balanced Choices Meals are lower in fat, saturated fat, sodium and cholesterol</b> <b>Fresh Fruit Offered Daily</b> Wholegrain Buns Available	<b>Entrees</b> Popcorn Chicken/wheat roll Mac & Cheese with Trees (Broccoli) Nacho Fun Lunch PB&J on wheat bread <b>Side Items</b> Green Beans Chilled Peaches Egg & Cheese Muffin	<b>Entrees</b> Chicken Parmesan w/whole grain pasta & roll Philly Cheese Steak with Potato Wedges Ham&Cheese/whole wheat PB&J on wheat bread <b>Side Items</b> Corn, Fruit Cocktail Pancakes & Sausage Patty	<b>Entrees</b> Sloppy Joe Hot Ham & Cheese Bagel Italian Hoagie PB&J on wheat bread <b>Side Items</b> Peas Applesauce Cheese Quesadilla	<b>Entrees</b> Cheese Pizza Hamburger on wheat bun Tuna Salad/wheat bun w/ Vegetable Pasta Salad PB&J on wheat bread <b>Side Items</b> Carrot Coins Pineapple Tidbits Sausage & Cheese Muffin
<b>Entrees</b> Chicken Burrito Hot Dog Turkey Sand./whole wheat PB&J on wheat bread <b>Side Items</b> Seasoned Green Beans Pineapples Breakfast Burrito w/Salsa	<b>Entrees</b> Chicken Nuggets with duck sauce Beef & Bean Chili Yogurt Fun Lunch PB&J on wheat <b>Side Items</b> Rice, Peas Hot Apple Crisp French Toast/Sausage Patty	<b>Entrees</b> Toasted Cheese Sandwich BBQ Pork Sandwich Ham&Cheese/whole wheat PB&J on wheat bread <b>Side Items</b> Happy Leap Year! Tomato Soup, crackers Applesauce Ham Slice & Hash Brown	<b>Student Lunch \$2.40</b> Adult Lunch \$4.00 Ala Carte Milk 50¢ 1% White, Skim, or Skim Chocolate <b>Menu Subject to Change</b> 25¢-Mini Soft Pretzel 25¢-Animal Crackers 35¢-Mini Rice Krispy	35¢-Goldfish, Teddys 50¢-Homemade Cookie 50¢-Popcorn, Potato Stix 60¢-Fruit, Bag Pretzels 60¢-Granola Bar 65¢-Fruit Snacks 70¢-Soft Pretzel 75¢-Spring Water 85¢-Ice Cream 85¢-Orange/FudgeStix



To check your student's lunch account, or to make online payments for school meals, access [www.pgsd.org](http://www.pgsd.org), where you will find a link for MyNutriKids.com

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