



"Providing the Absolute Best in Food and Facility Management"

PANTHER VALLEY Middle SCHOOL MENU

May / June 2012

Please contact your Food Service Director with any questions or concerns
570-645-3432

Universal Free Breakfast Menu

Choice of Assorted Breakfast Bars, Nutri-Buns and Whole Grain Muffins
All served with 100% Juice and Low Fat Milk



www.gotoinutrition.com



Fresh Baked, Low-Fat Cookies

Available Daily at Lunch:
Fresh Fruit, Carrot or Celery Sticks, Tossed Salad
Milk Choices:
Skim, 1% Flavored, 1% White
Flavor of the Month:
*1% Vanilla Milk available Fridays!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SECOND CHOICE</u>
	5/1 Baked Mac-N-Cheese Slice of Bread Stewed Tomatoes or Peas Peach Cup Milk Daily Alt: Chicken Wrap	5/2 Cheese Steak Sub Crisp Tator Tots Fruit Cocktail Milk DailyAlt: Cheeseburger	5/3 Cinco De Mayo! Mexican Tacos Slice of Bread Steamed Rice Refried Bean Mexicali Corn Lime Sherbet and Milk Daily Alt: Chicken Nuggets w/ Bread	5/4 Act 80 Day. No School for Students.	Available Daily: Bologna and Cheese on Wheat Turkey and Cheese Salad with Bread Tuna Sub Peanut Butter and Jelly Sandwich
5/7 Italian Cheese Dunkers Peas and Carrots Diced Pears Milk Daily Alt: Chicken Patty	5/8 Baked Ham Slice Slice of Bread Scalloped Potatoes Apple Cobbler Milk Daily Alt: Chicken Wrap	5/9 Chicken Tenders Slice of Bread Green Beans Mandarin Oranges MilkDaily Alt: Cheeseburger	5/10 Spaghetti with Meatsauce Slice of Bread Mixed Vegetables Pears Milk Daily Alt: Chicken Nuggets w/ Bread	5/11 Homemade Pizza Steamed Vegetables Fruit Medley Milk Daily Alt: Hot Dog on a Bun	Available Daily: Ham and Cheese on Wheat Italian Sub Chef Salad Peanut Butter and Jelly Sandwich
5/14 BBQ Rib Sandwich Tator Tots Peach Cup Milk Daily Alt: Chicken Patty	5/15 Chicken Fajitas Slice of Bread Golden Corn Rainbow Applesauce Milk Daily Alt: Chicken Wrap	5/16 Teriyaki Beef Blasters Mashed Potatoes with Gravy Slice of Bread Fruit Mix and Milk DailyAlt: Cheeseburger	5/17 Sloppy Jo on a Bun Seasoned Fries Mandarin Orange Smiles Milk Daily Alt: Chicken Nuggets w/ Bread	5/18 Chicken Rings Slice of Bread Broccoli with Cheese Yellow Banana Daily Alt: Hot Dog on a Bun	Available Daily: Turkey and Cheese Sandwich Grilled Chicken Salad Tuna Sub Peanut Butter and Jelly Sandwich
5/21 Baked Mac and Cheese Slice of Bread Stewed Tomatoes or Steamed Peas Chilled Pineapples Milk Daily Alt: Chicken Patty	5/22 Taco Salad (Seasoned Beef w/Nacho Chips, Lettuce, Cheese & Salsa) Slice of Bread Vegetable Medley Applesauce and Milk Daily Alt: Chicken Wrap	5/23 Cheese Steak Sub Tator Tots Fruit Cocktail Milk DailyAlt: Cheeseburger	5/24 Spaghetti with Meatsauce Slice of Bread Carrot Coins Fruit Cup Milk Daily Alt: Chicken Nuggets w/ Bread	5/25 Black, Gold and White Day!!!! (Rain date—5/29/12)	Available Daily: Salami and Cheese Sandwich Chef Salad Italian Sub Peanut Butter and Jelly Sandwich
5/28 Memorial Day School Closed	5/29 Meatball Hoagie Green Beans Mixed Fruit Milk Daily Alt: Chicken Wrap	5/30 Chicken Rings Slice of Bread Three Bean Salad Diced Pears Milk DailyAlt: Cheeseburger	5/31 Pasta w/ Meatsauce Slice of Bread Steamed Vegetables Spiced Applesauce Milk Daily Alt: Chicken Nuggets w/ Bread	6/1 Chicken Tenders with Bread Vegetable Medley Fruit Mix and Milk Daily Alt: Hot Dog on a Bun	Available Daily: Bologna & Cheese Sandwich Tuna Sub Turkey and Cheese Salad Peanut Butter and Jelly Sandwich
6/4 (Last Lunch Service) Chef's Choice Mixed Vegetables Fruit Cup Milk Alt: Chicken Patty or PB&J	6/5 Last Day for Breakfast No Lunch Service		The Nutrition Group and the Panther Valley Food Service Staff wishes everyone a safe and relaxing summer break!		2012-2013 Prices Paid Breakfast- Paid Lunch-