



Pendleton Heights Middle School

2019-20 Fall Lunch Menu

8/6/19 - 11/1/19

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main 	Chicken Nuggets Soft Pretzel Stick Buttered Corn	Asian Chicken Bowl - Orange Steamed Broccoli with Cheese	French Toast Sticks Sausage Links Seasoned Homestyle Potatoes	Mini Corn Dogs Baked Beans	Deep Dish Personal Pepperoni Pizza Deep Dish Personal Cheese Pizza Green Beans with Garlic
create 	Custom Sub Bar	Custom Salad Bar Freshly Baked Whole Grain Roll	Custom 100% Beef Hot Dog Bar	Custom Salad Bar Freshly Baked Whole Grain Roll	Custom Nacho Bar
express 	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Ham Sandwich Turkey Sandwich PB&J Uncrustable	Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Ham Sandwich Turkey Sandwich PB&J Uncrustable	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Turkey Sandwich Ham Sandwich PB&J Uncrustable	Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Ham Sandwich Turkey Sandwich PB&J Uncrustable	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Turkey Sandwich Ham Sandwich PB&J Uncrustable

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main 	100% Beef Hamburger 100% Beef Cheeseburger Seasoned Potato Wedges	BBQ Rib Sandwich BBQ Pulled Pork Sandwich Green Beans with Garlic	Popcorn Chicken Smackers Biscuit Baked Beans	Cheese-Stuffed Bosco Sticks Steamed Broccoli with Cheese	Crispy Chicken Patty Sandwich Spicy Chicken Sandwich Seasoned Curly Fries
create 	Custom Sub Bar	Custom Salad Bar Freshly Baked Whole Grain Roll	Custom 100% Beef Hot Dog Bar	Custom Salad Bar Freshly Baked Whole Grain Roll	Custom Nacho Bar
express 	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Ham Sandwich Turkey Sandwich PB&J Uncrustable	Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Ham Sandwich Turkey Sandwich PB&J Uncrustable	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Turkey Sandwich Ham Sandwich PB&J Uncrustable	Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Ham Sandwich Turkey Sandwich PB&J Uncrustable	Chef Salad Chicken Ranch BLT Salad Popcorn Chicken Salad Freshly Baked Whole Grain Roll Turkey Sandwich Ham Sandwich PB&J Uncrustable

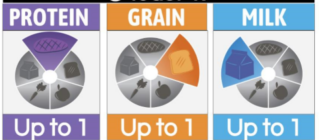
BUILD YOUR OWN
VALUE MEAL

Choose @ least
3 different items:

@ least 1:



@ least 1:



OFFERED DAILY

Assorted fresh fruits & veggies

Water & assorted milks

VALUE MEAL PRICING

	Paid	Reduced	Adult
Lunch	\$2.30	\$0.40	\$3.50
Breakfast	\$1.60	\$0.40	\$3.50

A LA CARTE PRICING

Applies to Paid, Reduced, Free, and Adult

Extra Entree	\$1.75
Extra Fruit/Vegetable	\$0.75
Extra Grain	\$0.60
Extra Milk	\$0.60
Snacks	\$.50-\$1.75

THINGS TO KNOW

BREAKFAST SERVED DAILY IN CAFETERIA
7:10 a.m. - 7:25 a.m.

ALL accounts must be prepaid before lunch.

Make payments online at www.EZSchoolPay.com
or

by cash/check deposited into prepayment kiosk in hall outside cafeteria

August

M	T	W	Th	F
	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1

This institution is an equal opportunity provider.