











Pendleton Heights Middle School Lunch Menu

Winter 2016-2017
Oct 31st–Mar 17th

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hot Dog or Coney Dog	Chili w/ Cornbread	Pepperoni Pizza	Chicken Patty Sandwich	Cheese Stuffed Breadsticks
	Pork Tenderloin Sandwich	Cheese Quesadilla	Spicy Chicken Sandwich	Rib-B-Q Sandwich	Mini Ravioli w/ Breadstick
	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable	Chef Salad Veggie Salad Chicken Caesar Salad Turkey Sub Cold Cut Sub Uncrustable	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable	Chef Salad Veggie Salad Chicken BLT Salad Turkey Sub Cold Cut Sub Uncrustable	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast Sticks w/ Sausage	Popcorn Chicken w/ Biscuit	Soft Tacos	Rotini Pasta w/ Meat Sauce	Hamburger/ Cheeseburger
	Pulled Pork BBQ Sandwich	Beef Manhattan	Corn Dog	Pepperoni Calzone	Asian Bowl w/ Orange Chicken
	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable	Chef Salad Veggie Salad Chicken Caesar Salad Turkey Sub Cold Cut Sub Uncrustable	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable	Chef Salad Veggie Salad Chicken BLT Salad Turkey Sub Cold Cut Sub Uncrustable	Salad Bar Ham Chicken Spicy Chicken Cheese Uncrustable

Explain-a-Meal Choose 3-5

-  **Protein**
 -  **Grain**
 -  **Fruit**
 -  **Vegetable**
 -  **Milk**
- (1) must be a  or **

PRICE LIST			
	Paid	Reduced	Adult
Meal	\$2.20	\$.40	\$3.50
Extra Entrée	\$1.75	\$1.75	\$1.75
Extra Side	\$.75	\$.75	\$.75
Extra Bread	\$.60	\$.60	\$.60
A la Carte Milk	\$.60	\$.60	\$.60
A la Carte Snacks	\$.50- \$1.75	\$.50- \$1.75	\$.50- \$1.75

PHMS Café News

In an effort to speed service, ALL accounts must be prepaid prior to lunch.

Accounts can be paid online at www.EZSchoolPay.com or by cash/check and deposited into prepayment kiosk in hall outside cafeteria.

This institution is an equal opportunity provider. .

November				
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		

December				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January				
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	31			

February				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31