




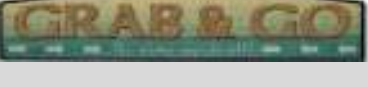









Pendleton Heights Middle School Lunch Menu

Winter 2017-2018
Nov 6th - Mar 9th

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pizza (Cheese or Pepperoni)	Spicy Chicken Sandwich	Chicken & Noodles w/ Roll	Hamburger/ Cheeseburger	Popcorn Chicken w/ Mac-n-Cheese
	Philly Beef Sandwich	Pork Tenderloin Sandwich	Beef Manhattan	Apple Cinnamon Texas Toast w/ Scrambled Eggs	Hot Dog/ Coney Dog
	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable	Sub Bar Chef Salad Veggie Salad Uncrustable	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable	Sub Bar Chef Salad Veggie Salad Uncrustable	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Stuffed Crust Pizza (Cheese or Pepperoni)	Chicken Nuggets w/ Biscuit	Chili w/ Cornbread	Soft Tacos (Chicken or Beef)	Chicken Patty Sandwich
	Corn Dog	Sloppy Joe Sandwich	Cheese-Stuffed Breadsticks	BBQ Pulled Pork Sandwich	Calzone (Pepperoni or Ham & Cheese)
	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable	Sub Bar Chef Salad Veggie Salad Uncrustable	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable	Sub Bar Chef Salad Veggie Salad Uncrustable	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap Uncrustable

Explain-a-Meal Choose 3-5

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

PRICE LIST			
	Paid	Reduced	Adult
Meal	\$2.30	\$4.40	\$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 Cafe 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.

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

December				
M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

February				
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		

March				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

Breakfast available daily!
For Breakfast information including menu, times, prices, and location visit www.smcsc.com/nutrition and click on **Menus.**