

PSN Breakfast Menu (Apple Tree)

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Multit-Grain Frosted Flakes

100% Grape Juice

3 4 oz Yogurt

100% Orange Juice

4 Rice Chex

100% Apple Juice

5 Cinnamon Raisin Bagel w/ Butter

100% Fruit Juice

6 Banana Muffin

100% Fruit Juice

9 Blueberry Muffin

100% Fruit Juice

10 Multi-Grain Cheerios

100% Orange Juice

11 Corn Muffin

Fresh Apple

12 4 oz Yogurt

100% Orange Juice

13 Cheerios

100% Grape Juice

16 Multit-Grain Frosted Flakes

100% Grape Juice

17 4 oz Yogurt

100% Orange Juice

18 Rice Chex

100% Apple Juice

19 Cinnamon Raisin Bagel w/ Butter

100% Fruit Juice

20 Banana Muffin

100% Fruit Juice

22 Blueberry Muffin

100% Fruit Juice

23 Multi-Grain Cheerios

100% Orange Juice

26 Corn Muffin

Fresh Apple

27 4 oz Yogurt

100% Orange Juice

28 Cheerios

100% Grape Juice

29 Multit-Grain Frosted Flakes

100% Grape Juice

30 4 oz Yogurt

100% Orange Juice

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian items are indicated with a "V"



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<p>1 Turkey Fajita w/ Brown Rice and Corn Or Cheese Ravioli's with Tomato Sauce w/ Italian Vegetables</p> <p>Applesauce</p>	<p>2 Chicken Mole w/ Brown Rice and Green Peas Or Spanish Rice & Beans and Plantains</p> <p>Pears</p>	<p>5 WG Chicken Fingers w/ Ketchup and Corn Or Falafel Nuggets and Corn</p> <p>Fresh Apple</p>	<p>6 WG Penne Beef Meat Sauce and Italian Vegetables Or WG Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese and Italian Vegetables</p> <p>Fresh Pineapple Cup</p>	<p>7 Home Style Macaroni & Low-Fat Cheese and Broccoli</p> <p>Fresh Apple</p>
<p>8 WG Chicken Bites w/ Roasted Potatoes Or Falafel Nuggets and Corn</p> <p>Applesauce</p>	<p>9 Beef Chili w/ WW Bread Slice and Mixed Vegetables Or Spanish Rice & Beans and Plantains</p> <p>Fresh Apple</p>	<p>12 Cheese Ravioli's with Tomato Sauce w/ Italian Vegetables</p> <p>Pear</p>	<p>13 Chicken Strips w/ Honey Mustard and WW Bread Slice and Green Beans Or Home Style Macaroni & Low-Fat Cheese and Broccoli</p> <p>Orange</p>	<p>14 WG Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese and Italian Vegetables</p> <p>Pear</p>
<p>15 Beef Burger w/ Ketchup on WW Bun w/ Green Beans Or Spanish Rice & Beans and Plantains</p> <p>Fresh Apple</p>	<p>16 Falafel Nuggets w/ WW Bread Slice and Corn</p> <p>Fresh Orange</p>	<p>19 Chicken Alfredo w/ Broccoli Or Home Style Macaroni & Low-Fat Cheese and Broccoli</p> <p>Fresh Apple</p>	<p>20 BBQ Chicken w/ Sweet Mashed Potatoes Or Cheese Ravioli's with Tomato Sauce w/ Italian Vegetables</p> <p>Fresh Pineapple Cup</p>	<p>23 Cheese Pizza</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>21 Chicken Parmesan w/ Green Beans Or WG Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese and Italian Vegetables</p> <p>Fresh Apple</p>	<p>22 Spanish Rice & Beans and Plantains</p> <p>Fresh Orange</p>	<p>28 Salisbury Steak WW Bread Slice Roasted Potatoes Or Falafel Nuggets^v WW Bread Slice Corn</p> <p>Peach Cup</p>	<p>29 Caribbean Pineapple Chicken Brown Rice Carrots Or Home Style Macaroni & Low-Fat Cheese Broccoli</p> <p>Fresh Apple</p>	<p>30 Meatloaf w/ Gravy WW Bread Slice Mashed Potatoes Or Cheese Pizza Garden Salad w/ Ranch Dressing</p> <p>Fresh Pear</p>
<p>26 Turkey Fajita w/ Brown Rice and And Corn Or Cheese Ravioli's with Tomato Sauce w/ Italian Vegetables</p> <p>Applesauce</p>	<p>27 Chicken Mole w/ Brown Rice and Green Peas Or Spanish Rice & Beans and Plantains</p> <p>Pears</p>			

K-5 Breakfast Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Multi-Grain Frosted Flakes w/ Graham Crackers</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>3 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel</p> <p>Fresh Apple & Diced Pineapple</p>	<p>4 Banana Muffin Or Waffles</p> <p>Diced Peaches 100% Grape Juice</p>	<p>5 Blueberry Shredded Wheat w/ Graham Crackers Or Pancakes w/ Syrup Applesauce & 100% Orange Juice</p>	<p>6 Cinnamon Crips Bar</p> <p>Raisins & 100% Grape Juice</p>
<p>9 Cherry Cocoa Bar</p> <p>Fresh Pear & 100% Pineapple Juice</p>	<p>10 Strawberry Yogurt w/ Graham Crackers Or Waffles</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>11 Strawberry Shredded Wheat Cereal w/ Graham Crackers Or French Toast w/ Syrup</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>12 Plain Bagel w/ Cream Cheese Or Cinnamon Bun [∇]</p> <p>Applesauce & 100% Orange Juice</p>	<p>13 Multi-Grain Cinnamon Flakes w/ Graham Crackers</p> <p>Raisins & 100% Grape Juice</p>
<p>16 Cinnamon Crips Bar</p> <p>Raisins & 100% Grape Juice</p>	<p>17 Strawberry Yogurt w/ Graham Crackers Or Pancakes w/ Syrup</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>18 Multi-Grain Cinnamon Flakes w/ Graham Crackers Or Apple Frudel</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>19 Plain Bagel w/ Cream Cheese Or Waffles w/ Syrup [∇]</p> <p>Applesauce & 100% Orange Juice</p>	<p>20 Blueberry Muffin</p> <p>Fresh Orange & 100% Pineapple Juice</p>
<p>23 MultiGrain Cheerios w/ Graham Crackers</p> <p>Raisins & Applesauce</p>	<p>24 Strawberry Yogurt w/ Graham Crackers Or French Toast w/ Syrup</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>25 Cinnamon Raisin Bagel w/ Butter Or French Toast w/ Syrup</p> <p>Applesauce & 100% Orange Juice</p>	<p>26 Honey Bunches of Oats w/ Graham Crackers Or Cinnamon Bun</p> <p>Fresh Apple & 100% Orange Juice</p>	<p>27 Cherry Cocoa Bar</p> <p>Fresh Pear & 100% Pineapple Juice</p>
<p>30 Multi-Grain Frosted Flakes w/ Graham Crackers</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>31 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel</p> <p>Fresh Apple & Diced Pineapple</p>			

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Skim Milk

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K-5 Lunch Menu

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<p>2 Chicken Nuggets Baked Beans Or Falafel Bites[∇] over Quinoa Pilaf Black Beans & Tomato Fresh Apple</p>	<p>3 Macaroni & Cheese[∇] Steamed Broccoli Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear</p>	<p>4 Chicken Tamale w/ Spanish Brown Rice Refried Beans Or Curry Lentil Stew[∇] over Brown Rice Green Beans Fresh Apple</p>	<p>5 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Or Veggie Burger[∇] on WW Bun Roasted Potatoes Fresh Banana</p>	<p>6 French Bread Cheese Pizza[∇] Fresh Baby Carrots w/ Ranch Dressing Or Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Apple</p>
<p>9 Cheese Quesadilla[∇] Mexican Corn Salad Or Beef Salisbury w/ Gravy WW Bread Roasted Potatoes Fresh Apple</p>	<p>10 Chicken & Vegetable Dumplings Oriental Vegetables Or Edamame Noodle Bowl[∇] Blended Vegetables Fresh Pear</p>	<p>11 BBQ Chicken over Brown Rice Baked Beans Or Chickpea Marinara[∇] w/ Cheese over Pasta Fresh Apple</p>	<p>12 Stuffed Cheese Sticks[∇] Marinara Sauce 100% Sun Splash Veg Juice Or Turkey Fajita w/ Brown Rice Carrots Fresh Banana</p>	<p>13 Cheese Pizza[∇] Garden Salad w/ Ranch Dressing Or Chicken Breast Sandwich w/ Mayo Garden Side Salad w/ Ranch Fresh Apple</p>
<p>16 Cheese Beef Burger on WW Bun Roasted Potatoes Or Egg & Cheese Sandwich w/ Ketchup and Roasted Potatoes Fresh Apple</p>	<p>17 Fajita Chicken over Brown Rice Black Beans & Tomatoes Or Spanish Rice w/ Cheese[∇] Kidney Beans Fresh Pear</p>	<p>18 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Or Veggie Burger[∇] on WW Bun Garden Salad w/ Ranch Dressing Fresh Apple</p>	<p>19 Cheese Raviolis[∇] w/ Tomato Sauce Green Beans Or Cobb Salad[∇] w/ Romaine Lettuce Pita Bread Fresh Banana</p>	<p>20 French Bread Cheese Pizza[∇] Fresh Baby Carrots Or Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Apple</p>
<p>23 BBQ Beef Meatballs WW Club Roll Steamed Broccoli Or Pasta w/ Tomato Sauce[∇] & Mozzarella Cheese Steamed Broccoli Fresh Apple</p>	<p>24 Turkey Hot Dog on WW Bun Baked Beans Or Spanish Rice w/ Cheese[∇] Kidney Beans Fresh Pear</p>	<p>25 Chicken Tenders Roasted Potatoes Or Protein Pasta Alfredo w/ WW Bread Slice and Steamed Peas Fresh Apple</p>	<p>26 Cheese Lasagna w/ Tomato Sauce Green Beans Or Chicken Caesar Salad w/ Romaine Lettuce Pita Bread Fresh Banana</p>	<p>27 Cheese Pizza[∇] Fresh Baby Carrots w/ Ranch Dressing Or Chicken Breast Sandwich Fresh Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>30 Chicken Nuggets Baked Beans Or Falafel Bites[∇] over Quinoa Pilaf Black Beans & Tomato Fresh Apple</p>	<p>31 Macaroni & Cheese[∇] Steamed Broccoli Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear</p>			