



Pendleton Heights Middle School Lunch Menu

Fall 2017-2018
Aug 8–Nov 3

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pizza (4 Meat or Cheese)	Nachos w/ Cheese/Beef Dip	Asian Chicken Bowl <small>(Teriyaki or Orange)</small>	Chicken Smackers w/ Mac & Cheese	French Toast Sticks w/ Sausage Links
	Bosco Sticks	Pork Tenderloin Sandwich	Chicken Quesadilla	Pepperoni Baked Pasta	BBQ Pulled Pork Sandwich
	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap	Sub Bar Chef Salad Veggie Salad Spicy Chicken Caesar Salad	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap	Sub Bar Chef Salad Veggie Salad Spicy Chicken Caesar Salad	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Stuffed Crust Pizza (Cheese or Pepperoni)	Chicken Tenders w/ Biscuit	Cheeseburger/ Hamburger	Mini Corn Dogs	Chicken Patty Sandwich
	BBQ Chicken Sandwich	Meatball Sub	Rib-B-Q	Fajitas <small>(Chicken or Steak)</small>	Chicken Parmesan
	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap	Sub Bar Chef Salad Veggie Salad Spicy Chicken Caesar Salad	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap	Sub Bar Chef Salad Veggie Salad Spicy Chicken Caesar Salad	Salad Bar Honey Mustard Deli Wrap Turkey Ranch BLT Wrap

Explain-a-Meal Choose 3-5

- P Protein**
 - G Grain**
 - F Fruit**
 - V Vegetable**
 - M Milk**
- (1) must be a or**

Available Daily
Uncrustable

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
Al a 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. .

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

August					September					October					November				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
										2	3	4	5	6			1	2	3
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13					
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20					
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27					
28	29	30	31		25	26	27	28	29	30	31								