



**PANTHER VALLEY SCHOOL DISTRICT HIGH SCHOOL BREAKFAST/LUNCH MENU**  
 May 2nd to June 2nd, 2011



**Pizza Daily**

Plain, Pepperoni & Specialty Pizza

**Grill Specials**

- Monday:** BBQ Rib Sandwich  
**Tuesday:** Spicy or Plain Chicken Patty on a Bun  
**Wednesday:** Cheese Steak Hoagie  
**Thursday:** Chicken Nuggets  
**Friday:** Cheeseburger, Spicy or Plain Chicken Patty on a Bun

All are served with a choice of vegetable, fruit and milk.



**Hoagies & Wraps**

Italian, Tuna Salad, and Turkey

Each Deli Entrée is served with choice of vegetable, fruit and milk.

**SALADS**

Tuna, Grilled Chicken, Turkey, Chef, Vegetarian, served with Reduced/ Low Fat Dressings

All Salads offered daily with a choice of bread, fruit, and low fat milk.

**Food Service Director**

Vicky Stahr  
 Phone: 570-645-3432  
 Email: pvnutrition@panthervalley.org



**5/02-Grilled Cheese with Tomato Soup** –Mixed Vegetables, Pineapple Tidbits

**5/03-"Breakfast at Lunch" French Toast Sticks w/ Sausage Patty-** Tator Tots, 100% Juice Cup

**5/04 - Taco Salad with Meat, Lettuce, Tomatoes, Cheese, Chips, & Bread** -Corn, Chilled Peaches

**5/05-Grilled Chicken Bacon Ranch Wrap** –Steamed Broccoli or Baked Fries, Mixed Fruit, **Free Pretzels**

**5/06– No School Act 80 Day**

**5/09–Popcorn Chicken Mashed Potato Bowl with Gravy & Wheat Bread-** Mashed Potatoes, Pineapple Tidbits

**5/10-Grilled Chicken Caesar Wrap–Baked Fries, Chilled Peaches**

**5/11-Chili Dog on a Bun–Baked Beans, Seasoned Noodles,**

**New Item!!! Fruit Cocktail Cake**

**5/12 – Breakfast Burrito–Ham, Egg & Cheese–** Tator Tots, Chilled Pears

**5/13 –Italian Dunkers w/ Side of Sauce** –Glazed Carrots or Baked Fries Mandarin Oranges

**5/16 –Corn Dog Nuggets–Tator Tots, Apple Cobbler w/ Topping**

**5/17–Breaded Pork Cutlet w/ Gravy & Bread–Scallop Potatoes, Pineapple Tidbits**

**5/18 –Macaroni & Cheese with Bread–Mixed Vegetables or Stewed Tomatoes, Mandarin Oranges**

**5/19- Penne & Meat Sauce w/ Garlic Bread** –Sweet Peas, Peaches,

**5/20 - Mexican Baked Potato–w/ Seasoned Meat & Cheese & Wheat Bread–Green Beans, 100% Fruit Shape-up**

**5/23– Chicken & Broccoli Alfredo with Penne Pasta & Wheat Bread–** Steamed Broccoli, Mandarin Oranges

**5/24-Salisbury Steak w/ Bread–Mashed Potatoes & Gravy–Pineapple Tidbits**

**5/25 –Chicken Fries with Wheat Bread–** Baked Fries, Peaches

**5/26-Taco Salad w/ Meat, Lettuce, Tomatoes, Cheese, Chips & Wheat Bread–Corn, Chilled Pears**

**5/27– Buffalo Chicken Stromboli–Peas & Carrots or Fries, Cinnamon Apples**

**5/30– No School–Memorial Day**

**5/31 –Chef's Choice– 1/2 C Veggie, 1/2 C Fruit**

**6/01 –Chef's Choice– 1/2 C Veggie, 1/2 C Fruit**

**6/02–Chef's Choice– 1/2 C Veggie, 1/2 C Fruit**

**Breakfast will be served until June 8th**

*The Nutrition Group & the cafeteria staff would like to wish you all a safe & fun summer!!!!*



Cookies available! Baked Fresh, low-fat, & sold ala carte



Available daily:  
 Assorted Whole Grain Cereal  
 Healthier Breakfast Pastries and Muffin Choices offered with Toast

**Daily Specialties:**

**Monday:** Pancake with Sausage

**Tuesday:** Dutch Waffle

**Wednesday:** Bagel w/ Cream Cheese or Jelly

**Thursday:** Hot Pockets

**Friday:** Pancake with Sausage  
 Breakfast is served with choice of Fruit, 100% Fruit Juice and Low Fat Milk

**Breakfast Price**

**Paid \$1.00 Reduced \$0.30  
 Adult \$1.50**

Each entrée served with choice of bread, vegetable, fruit & low fat milk. Fresh fruit & fresh vegetable varieties available daily.

*All ground meat items may contain a combination of ground beef & turkey. All menu items are subject to change.*

**Lunch Prices- Paid: \$2.25  
 Reduced \$0.40 Adult \$3.50**



1% White, Skim, and Low Fat Flavored Milk Available Daily.

**Additional nutritious beverages are available ala carte.**

