



PSAS
Food Service Dept.

WEEKLY MENU

**August 31st-
Sept 3rd**

***WG-Whole Grain**

***LS- Low Sodium**

MONDAY

Breakfast

Blueberry Pop Tart
Applesauce
100% Grape Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Fish Sticks
WG Corn Tortilla
Chopped Onion & Cabbage Slaw
Fresh Orange
1% Milk or Fat Free Chocolate Milk

TUESDAY

Breakfast

Apple Cinnamon Muffin
Fresh Banana
100% Orange Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

BBQ Chicken
Brown Rice
Corn & Carrots
Fresh Apple
1% Milk or Fat Free Chocolate Milk

WEDNESDAY

Breakfast

Assorted Cereal
Fresh Apples
100% Cranberry Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Cheeseburger or Burger
Fancy Baked Beans & Carrots
Fresh Banana
1% Milk or Fat Free Chocolate Milk

THURSDAY

Breakfast

Yogurt w/ Granola or
Assorted Granola Cereal Bar
100% Apple Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

WG Pepperoni or Cheese Pizza
Cheez-Itz
Romaine & Cucumbers Salad
w/ Ranch
Fresh Grapes
1% Milk or Fat Free Chocolate Milk

*This institution is an equal opportunity provider.



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Nutritional Facts

MONDAY

Breakfast

Calories: 410
Protein: 11g
Carbs: 79g
Fat: 5g
Sat. Fat: 2.5g
Sodium: 270mg

LUNCH

Calories: 627
Protein: 29g
Carbs: 94g
Fat: 15.7g
Sat. Fat: 3g
Sodium: 738mg

TUESDAY

Breakfast

Calories: 442
Protein: 13g
Carbs: 82g
Fat: 8.9g
Sat. Fat: 3.6g
Sodium: 271mg

LUNCH

Calories: 538
Protein: 30g
Carbs: 79g
Fat: 9.1g
Sat. Fat: 3g
Sodium: 509mg

WEDNESDAY

Breakfast

Calories: 362
Protein: 12g
Carbs: 68g
Fat: 5.2g
Sat. Fat: 1.5g
Sodium: 305mg

LUNCH

Calories: 669
Protein: 37g
Carbs: 112g
Fat: 15.4g
Sat. Fat: 6.7g
Sodium: 1,152mg

THURSDAY

Breakfast

YOGURT + GRANOLA:
Calories: 541 Protein:
17g
Carbs: 92g
Fat: 11.5g
Sat. Fat: 2.5g
Sodium: 405mg
GRANOLA CEREAL BAR:
Calories: 391
Protein: 11g
Carbs: 71g
Fat: 6g
Sat. Fat: 1.5g
Sodium: 250mg

LUNCH

PEPPERONI PIZZA:
Calories: 668
Protein: 30g
Carbs: 90g
Fat: 21.5g
Sat. Fat: 8g
Sodium: 1,222mg
CHEESE PIZZA:
Calories: 635
Protein: 30g
Carbs: 90g
Fat: 21.5g
Sat. Fat: 8g
Sodium: 1,137mg

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