



PSAS
Food Service Dept.

WEEKLY MENU

**September 8th-
10th**

***WG-Whole Grain**

***LS- Low Sodium**

MONDAY

Breakfast

NO SCHOOL
LABOR DAY

LUNCH

NO SCHOOL
LABOR DAY

TUESDAY

Breakfast

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

LUNCH

Chicken Fajitas
Corn Tortilla *WG
Roasted Bell Peppers & Onion
Fresh Orange
1% Milk or Fat Free Chocolate Milk

WEDNESDAY

Breakfast

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

LUNCH

Bulgogi Beef & Brown Rice
Broccoli and Cold Cabbage Slaw
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

Pork Tamale
Steamed Corn & Black Beans
Fresh Apple
1% Milk or Fat Free Chocolate Milk

*This institution is an equal opportunity provider.



PSAS

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WEEKLY MENU

August 31st-Sept 3rd

Nutritional Facts

MONDAY

Breakfast

LUNCH

TUESDAY

Breakfast

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

LUNCH

Calories: 592
Protein: 34g
Carbs: 84g
Fat: 13.6g
Sat. Fat: 3.9g
Sodium: 496mg

WEDNESDAY

Breakfast

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

LUNCH

Calories: 583
Protein: 24g
Carbs: 85g
Fat: 16.1g
Sat. Fat: 5.8g
Sodium: 362mg

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

Calories: 580
Protein: 23g
Carbs: 83g
Fat: 17.4g
Sat. Fat: 6.5g
Sodium: 1,252mg

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