PSAS
Food Service Dept.

WEEKLY MENU

Nov 30th - Dec 3rd

MONDAY

BREAKFAST
BlueberryPop Tart
Applesauce
100% Grape Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Cheese or Pepperoni Pizza
Cheez-It *WG
Romaine & Cucumber Salad w/ Ranch
Fresh Orange
1% Milk or Fat Free Chocolate Milk

TUESDAY

BREAKFAST
Assorted Cereal
Fresh Banana
100% Orange Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Teriyaki Chicken
Brown Rice
Roasted Red Bell Peppers & Carrots
Fresh Apple
1% Milk or Fat Free Chocolate Milk

WEDNESDAY

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

LUNCH
Corn Dog *WG
Steamed Corn
Broccoli w/ Ranch
Applesauce
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
Beef Taco Bowl
*WG Corn Tortillas
Black Beans, Tomato, & Onion
Fresh Banana
1% Milk or Fat Free Chocolate Milk

***WG-Whole Grain**
***LS- Low Sodium**

*This institution is an equal opportunity provider.

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Nutrition Facts

**Nutrition values shown with 1% white milk. Fat-free chocolate milk adds 6g carbohydrates, 6g total sugars, 7g added sugars and 80mg sodium, while reducing total fat by 2.5g and saturated fat by 1.5g. Calories and protein remain the same.*

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MONDAY

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

LUNCH
PEPPERONI PIZZA:
Calories: 668
Protein: 32g
Carbs: 94g
Fat: 19g
Sat. Fat: 8g
Sodium: 1310mg
CHEESE PIZZA:
Calories: 635
Protein: 32g
Carbs: 94g
Fat: 19g
Sat. Fat: 8g
Sodium: 1225mg

TUESDAY

BREAKFAST
Calories: 382
Protein: 11g
Carbs: 75g
Fat: 5.4g
Sat. Fat: 2.5g
Sodium: 306mg

*Cinnamon Toast Crunch (1oz) used for totals

LUNCH
Calories: 505
Protein: 25g
Carbs: 85g
Fat: 9g
Sat. Fat: 3g
Sodium: 520mg

WEDNESDAY

BREAKFAST
Calories: 412
Protein: 11g Carbs: 75g
Fat: 6.2g
Sat. Fat: 1.5g
Sodium: 250mg

*Trix Cereal Breakfast bars used for totals.

LUNCH
Calories: 495
Protein: 19g
Carbs: 65g
Fat: 19g
Sat. Fat: 5g
Sodium: 740mg

THURSDAY

BREAKFAST
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: 700
Protein: 42g
Carbs: 116g
Fat: 17g
Sat. Fat: 6g
Sodium: 650mg