

MAY 2024

Pennichuck Middle School Lunch Menu

Assorted Sandwiches Available
Daily on W/G Bread (Ham, Turkey
Tuna & Sun Butter & Jelly
W/ Vegetable, Fruit & Milk

Monday

Tuesday

Wednesday

Thursday

Friday



Breaded Mozzarella Cheese Sticks*, Pizza Sauce, Green Beans Applesauce Cup, Milk

Chicken Tenders*

Marinated Cucumbers &

Tomatoes, Tiger Bites

Cookies, Milk

Corn Dog*, Lays Baked Potato Chips, Carrots W/ Lite Ranch Dip Applesauce Cup, Milk

Applesauce Cup

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Memorial Day

Chicken Patty* on a w/g Bun, Baked Lays Potato Chips, Seasoned Corn Kiwi, Milk

Spaghetti with Meat*
Sauce, Savory Green
Beans, Crispy Pear
Milk

Baked Grill Cheese Sandwich with or w/o Ham, Tater Tots Tangerine, Milk

BBQ Pulled Pork Sliders
French Fries, Cole Slaw
Orange Smiles, Milk
Ice Cream

Eggo Mini Confetti Pancakes*, Egg Patty Sausage Patty, Potato Coins, Banana, Milk

Soft Tortilla Wrap of Tostitos W/ Beef*
Cheese, Salsa, Refried Beans, Lett &Tomato Strawberry Cup, Milk

Assorted Sandwiches Carrots, Apple, Milk

Early Release

Teriyaki Chicken, Not So Fried Rice, Green Beans Pineapple Tidbits, Milk Ice Cream

Pasta with Meat Sauce*, Seasoned Green Beans Applesauce Cup, Milk Hamburger or Cheeseburger* on a w/g Bun French Fries, Milk Broccoli Salad, Fruit Mix

Rotini Chicken Alfredo W/ Broccoli, Welch's Fruit Snacks, Orange Slices, Milk

Popcorn Chicken*
Mashed Potatoes, Gravy
Carrots, w/g Dinner Roll
Orange Wedges, Milk

Hamburger or Cheeseburger* on a w/g Bun French Fries, Diced Carrots, Peaches, Milk

Cooks Choice *

Broccoli Florets W/ Dip
Assorted Fruits
Assorted Desserts, Milk

W/G Cheese Pizza or Cheese Pizza w/ Toppings, Diced Carrots Garbanzo Beans Strawberry Cup, Milk

W/G Cheese Pizza or Cheese Pizza w/ Toppings *, Baby Carrots W/ Lite Dip Mandarin Oranges, Milk

W/G Cheese Pizza or Cheese Pizza w/ Toppings*, ** Creamed Spinach, Pudding W/ Topping, Apple, Milk

W/G Cheese Pizza of Cheese Pizza w/ Toppings*, Black Bean Salad, Broccoli Strawberry Cup, Milk

W/G Cheese Pizza or Cheese Pizza w/ Toppings*, Diced Carrots, 3 Bean Salad, Apple, Milk

w/g = Whole Grain * Indicates May Contain Soy **F
This institution is an equal opportunity provider

**Harvest of The Month – Spinach



