



Messinger

# May 2018

School District of Philadelphia  
Full Service K-12 Breakfast Menu




DAILY BREAKFAST OFFERINGS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOOSE 1	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers
	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers
BREAKFAST MENU					
	MONDAY 4/30	TUESDAY 5/1	WEDNESDAY 5/2	THURSDAY 5/3	FRIDAY 5/4
CHOOSE 1	Steak & Cheese on a Kaiser Roll	Zee Zee Bar w/ Graham Crackers (1)	French Toast Sticks(3) & Syrup	Mini Waffles	Eggs w/ Sausage Patty on a Bagel
	Fruit Frudel	Yogurt Parfait w/ Granola	Mini Loaf w/ String Cheese (1)	Yogurt Parfait w/ Granola	Appleways Bar
CHOOSE 1	Craisins	Apple Juice	Peach Slices	Orange Juice	Pear Cup
	Fresh Apple	Fresh Grapes	Fresh Banana	Fresh Pear	Fresh Orange
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/7	TUESDAY 5/8	WEDNESDAY 5/9	THURSDAY 5/10	FRIDAY 5/11
CHOOSE 1	 Beef Sausage Patty w/ Cheese on a Bagel	Blueberry Muffin	Mini Sausage Patty on a Biscuit	Cinnabar	Whole Grain Pancakes(2) & Syrup
	Homestyle Banana Bread	Yogurt Parfait w/ Granola	Rebel Crumbles	Yogurt Parfait w/ Granola	Mini Cinni Swirls
CHOOSE 1	Mixed Fruit Cup	Blended Fruit Juice	Mandarin Oranges	Grape Juice	Pineapple Cup
	Fresh Apple	Fresh Grapes	Fresh Banana	Fresh Pear	Fresh Orange
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/14	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18
CHOOSE 1	 Steak & Cheese on a Croissant	 Pennsylvania Primary Election Day Schools Closed	French Toast Sticks(3) & Syrup	Mini French Toast	Eggs w/ Sausage Patty on a Bagel
	Fruit Frudel		Mini Bagel Stuffed w/ Cream Cheese	Yogurt Parfait w/ Granola	Appleways Bar
CHOOSE 1	Craisins		Peach Slices	Orange Juice	Pear Cup
	Fresh Apple		Fresh Banana	Fresh Peach	Fresh Orange
	Milk		Milk	Milk	Milk
	MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25
CHOOSE 1	Beef Sausage Patty w/ Cheese on a Bagel	Banana Muffin	Mini Sausage Patty on a Biscuit	Cinnabar	Whole Grain Pancakes(2) & Syrup
	Homestyle Banana Bread	Yogurt Parfait w/ Granola	Rebel Crumbles	Yogurt Parfait w/ Granola	Mini Cinni Swirls
CHOOSE 1	Mixed Fruit Cup	Blended Fruit Juice	Mandarin Oranges	Grape Juice	Pineapple Cup
	Fresh Local Berries 	Fresh Grapes	Fresh Banana	Fresh Peach	Fresh Orange
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/28	TUESDAY 5/29	WEDNESDAY 5/30	THURSDAY 5/31	FRIDAY 6/1
CHOOSE 1	 Memorial Day Schools & Administrative Offices Closed	Zee Zee Bar w/ Graham Crackers (1)	French Toast Sticks(3) & Syrup	Mini French Toast	Eggs w/ Sausage Patty on a Bagel
		Yogurt Parfait w/ Granola	Mini Bagel Stuffed w/ Cream Cheese	Yogurt Parfait w/ Granola	Appleways Bar
Apple Juice		Peach Slices	Orange Juice	Pear Cup	
Fresh Grapes		Fresh Banana	Fresh Peach	 Fresh Local Berries	
Milk		Milk	Milk	Milk	





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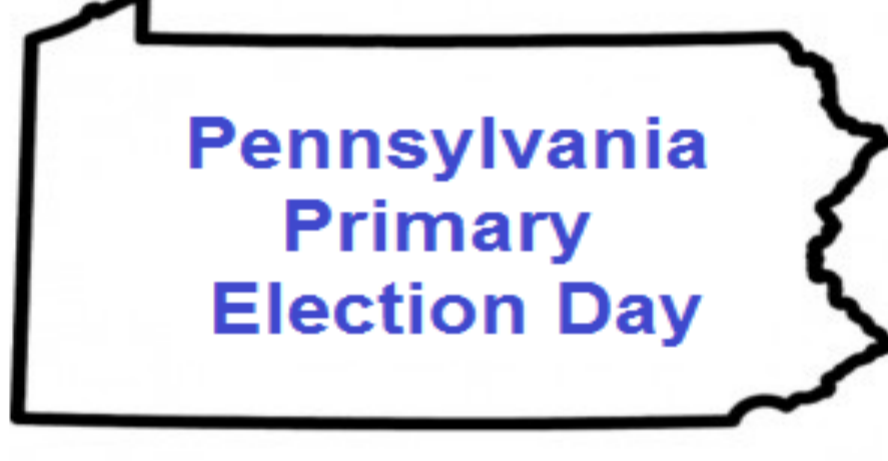

DAILY LUNCH OFFERINGS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Grill	Chicken Patty on WW Roll	Beef Hot Dog on WW Bun	Meatball Sandwich	Classic Cheeseburger w/ Lettuce & Tomato	South Philly Cheesesteak
The Pizzeria	5" Veggie Round (V)	Cheesy Chicken Flatbread	Cheese Slice (V)	French Bread Pizza (V)	Cheesy Chicken Flatbread
The Deli	Cheese Hoagie with Lettuce & Tomato (V)	Chicken Caesar Wrap	Turkey Pepperoni & Cheese on Kaiser	Buffalo Chicken Wrap	Italian Hoagie
Fresh Express	Chicken Caesar Salad w/ Garlic Breadstick	 Chicken Taco Salad	Chef Salad w/ Turkey & Garlic Breadstick	Chicken Caesar Salad w/ Garlic Breadstick	Falafel Tot Salad w/ Mixed Greens
LUNCH MENU					
	MONDAY 4/30	TUESDAY 5/1	WEDNESDAY 5/2	THURSDAY 5/3	FRIDAY 5/4
Featured Entrée	Mac & Cheese w/ a Dinner Roll (V)	Waffles(2) w/ Turkey Sausage Links(2) & Syrup	Lemongrass Chicken w/ Brown Rice	Whole Wheat Penne Pasta w/ Meatballs	Chicken Tenders (3) w/ a Dinner Roll
CHOOSE 1-4	Seasoned Corn	Baked Beans	Savory Broccoli Cuts	Garlic Green Beans	French Fries 
	Sweet Potato Waffle Fries	Celery Sticks w/ Low Fat Dip	Garden Salad w/ Local Greens	Baby Carrots w/ Low Fat Dip	Petite Peas 
	Blended Fruit Juice	Pear Cup	Grape Juice	Mandarin Oranges	Frozen Fruit Juice Cup
	Fresh Grapes	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Pear
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/7	TUESDAY 5/8	WEDNESDAY 5/9	THURSDAY 5/10	FRIDAY 5/11
Featured Entrée	Lasagna Roll-up w/ a Dinner Roll (V)	Breaded Fish Sandwich	Beefy Mac & Cheese w/ Garlic Breadstick	Chicken Nuggets (5) w/ a Dinner Roll	Curry Chicken w/ Brown Rice
CHOOSE 1-4	Italian Vegetable Blend	Baked Beans	Sliced Carrots	Garden Salad w/ Dressing	Garlic Green Beans
	Cucumber Coins w/ Low Fat Dip	Mashed Potatoes	Seasoned Corn	French Fries	Sweet Potato Waffle Fries
	Orange Juice	Applesauce	Pineapple Juice	Peach Slices	Apple Juice
	Fresh Grapes	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Peach
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/14	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18
Featured Entrée	Cheese Calzone w/ Marinara (V)	 Schools Closed	Drumstick (1) w/ BBQ Sauce & Brown Rice	Chicken Cheesesteak	Manager's Choice 
CHOOSE 1-4	Garlic Green Beans		Baked Beans	Sliced Carrots	French Fries
	Sweet Potato Waffle Fries		Cherry Tomatoes w/ Low Fat Dip	Petite Peas	Savory Broccoli Cuts
	Blended Fruit Juice		Grape Juice 	Mandarin Oranges	Frozen Fruit Juice Cup
Fresh Grapes	Fresh Apple	Fresh Banana	Fresh Peach		
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25
Featured Entrée	Breaded Fish Sandwich	Pancakes(2) w/ Turkey Sausage Links(2) & Syrup	Lemongrass Chicken w/ Brown Rice	Whole Wheat Penne Pasta w/ Meatballs	Sloppy Joe Sandwich
CHOOSE 1-4	Cucumber Coins w/ Low Fat Dip	Baked Beans	Sliced Carrots	Italian Vegetable Blend	Garlic Green Beans
	French Fries	Potato Rounds	Garden Salad w/ Dressing	Broccoli w/ Low Fat Dip	Mashed Potatoes
	Orange Juice	Applesauce	Pineapple Juice	Peach Slices	Apple Juice
	Fresh Grapes	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Peach
	Milk	Milk	Milk	Milk	Milk
	MONDAY 5/28	TUESDAY 5/29	WEDNESDAY 5/30	THURSDAY 5/31	FRIDAY 6/1
Featured Entrée	 Schools & Administrative Offices Closed	Fish Sticks (3) w/ a Dinner Roll	Beefy Mac & Cheese w/ Garlic Breadstick	Chicken Nuggets (5) w/ a Dinner Roll	Kung Pao Chicken w/ Brown Rice
CHOOSE 1-4		Baked Beans	Baby Carrots w/ Low Fat Dip	Savory Broccoli Cuts	Sliced Carrots
		Petite Peas	Garlic Green Beans	French Fries	Garden Salad w/ Dressing
		Pear Cup	Grape Juice	Mandarin Oranges	Frozen Fruit Juice Cup
Fresh Orange	Fresh Apple	Fresh Banana	Fresh Peach		
	Milk	Milk	Milk	Milk	

V = Vegetarian Entrée



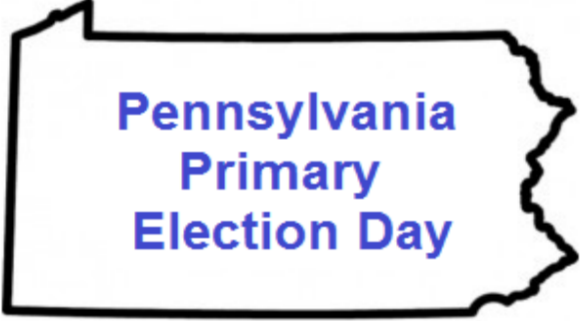



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MONDAY 4/30	TUESDAY 5/1	WEDNESDAY 5/2	THURSDAY 5/3	FRIDAY 5/4
Hummus Platter (V) Applesauce Cucumber Coins w/ Low Fat Dip Milk	Turkey Ranch Wrap Blended Fruit Juice Celery Sticks w/ Low Fat Dip Milk	Chicken Caesar Wrap Fresh Pear Baby Carrots w/ Low Fat Dip Milk	Turkey Pepperoni & Cheese on Kaiser w/ Lettuce & Tomato Raisins Broccoli Florets w/Low Fat Dip Milk	Cheese Hoagie w/ Lettuce & Tomato (V) Bagged Apples Baby Carrots w/ Low Fat Dip Milk
MONDAY 5/7	TUESDAY 5/8	WEDNESDAY 5/9	THURSDAY 5/10	FRIDAY 5/11
Buffalo Chicken Wrap Craisins Cucumber Coins w/ Low Fat Dip Milk	Italian Hoagie Pear Cup Celery Sticks w/ Low Fat Dip Milk	Protein Pack Baby Carrots w/ Low Fat Dip Milk	Tuna Wrap Fresh Banana Broccoli Florets w/Low Fat Dip Milk	Turkey & Cheese Hoagie Pineapple Cup Baby Carrots w/ Low Fat Dip Milk
MONDAY 5/14	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18
Hummus Platter (V) Applesauce Cucumber Coins w/ Low Fat Dip Milk	 <b>Schools Closed</b>	Chicken Caesar Wrap Fresh Peach Baby Carrots w/ Low Fat Dip Milk	Turkey Pepperoni & Cheese on Kaiser w/ Lettuce & Tomato Craisins Broccoli Florets w/Low Fat Dip Milk	Cheese Hoagie w/ Lettuce & Tomato (V) Bagged Apples Baby Carrots w/ Low Fat Dip Milk
MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25
Buffalo Chicken Wrap Craisins Cucumber Coins w/ Low Fat Dip Milk	Italian Hoagie Pear Cup Celery Sticks w/ Low Fat Dip Milk	Protein Pack Baby Carrots w/ Low Fat Dip Milk	Tuna Wrap Fresh Banana Broccoli Florets w/Low Fat Dip Milk	Turkey & Cheese Hoagie Pineapple Cup Baby Carrots w/ Low Fat Dip Milk
MONDAY 5/28	TUESDAY 5/29	WEDNESDAY 5/30	THURSDAY 5/31	FRIDAY 6/1
 <b>Memorial Day</b> <b>Schools &amp; Administrative</b> <b>Offices Closed</b>	Turkey Ranch Wrap Blended Fruit Juice Celery Sticks w/ Low Fat Dip Milk	Chicken Caesar Wrap Fresh Peach Baby Carrots w/ Low Fat Dip Milk	Turkey Pepperoni & Cheese on Kaiser w/ Lettuce & Tomato Craisins Broccoli Florets w/Low Fat Dip Milk	Cheese Hoagie w/ Lettuce & Tomato (V) Bagged Apples Baby Carrots w/ Low Fat Dip Milk



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MONDAY 4/30	TUESDAY 5/1	WEDNESDAY 5/2	THURSDAY 5/3	FRIDAY 5/4	SATURDAY 5/5
					<p>Granola Round Pear Cup Pineapple Juice Milk</p> <p>Buffalo Chicken Wrap Blended Fruit Juice Peach Slices Broccoli w/ Low Fat Dip Garden Salad w/ Dressing Milk</p>
MONDAY 5/7	TUESDAY 5/8	WEDNESDAY 5/9	THURSDAY 5/10	FRIDAY 5/11	SATURDAY 5/12
					<p>Appleways Bar Orange Juice Pineapple Cup Milk</p> <p>Turkey Ranch Wrap Craisins Grape Juice Celery Sticks w/ Low Fat Dip Garden Salad w/ Dressing Milk</p>
MONDAY 5/14	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18	SATURDAY 5/19
	 <p><b>Pennsylvania Primary Election Day</b> Schools Closed</p>				<p>Mini Cinni Swirls Pear Cup Pineapple Juice Milk</p> <p>Buffalo Chicken Wrap Blended Fruit Juice Peach Slices Broccoli w/ Low Fat Dip Garden Salad w/ Dressing Milk</p>
MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25	SATURDAY 5/26
					<p>Appleways Bar Orange Juice Pineapple Cup Milk</p> <p>Turkey Ranch Wrap Craisins Grape Juice Celery Sticks w/ Low Fat Dip Garden Salad w/ Dressing Milk</p>
MONDAY 5/28	TUESDAY 5/29	WEDNESDAY 5/30	THURSDAY 5/31	FRIDAY 6/1	SATURDAY 6/2
 <p><b>Memorial Day</b> Schools &amp; Administrative Offices Closed</p>					<p>Mini Cinni Swirls Pear Cup Pineapple Juice Milk</p> <p>Buffalo Chicken Wrap Blended Fruit Juice Peach Slices Broccoli w/ Low Fat Dip Garden Salad w/ Dressing Milk</p>