



January 2020

School District of Philadelphia
Full Service 9-12 Lunch Menu

- All menus are subject to change.
- All menus are pork free.
- No fried food is offered or served in school meals.
- No artificial flavors, colors, or sweeteners are used in any school meal.

DAILY LUNCH OFFERINGS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Grill	Chicken Patty Sandwich	Hot Dog on WW Bun	Meatball Sandwich	Classic Cheeseburger w/ Lettuce & Tomato	South Philly Cheesesteak
The Pizzeria	Garlic Pizza (V)	Cheese Pizza Slice (V)	French Bread Pizza (V)	Personal Round Pizza (V)	Cheese Pizza Slice (V)
The Deli	Cheese Hoagie with Lettuce & Tomato (V)	Chicken Ranch Wrap	Turkey & Cheese Hoagie	Buffalo Chicken Wrap	Italian Hoagie
Fresh Express	Chef Salad w/ Turkey & Breadstick	Chicken Caesar Salad w/ Breadstick	Chef Salad w/ Turkey & Breadstick	Chicken Caesar Salad w/ Breadstick	Chef Salad w/ Turkey & Breadstick
LUNCH MENU					
	MONDAY 12/30	TUESDAY 12/31	WEDNESDAY 1/1	THURSDAY 1/2	FRIDAY 1/3
Featured Entrée				Chicken Nuggets(5) w/ Breadstick	Fish Sticks(4) Tartar Sauce & Dinner Roll
CHOOSE 1-4				Vegetable Fruit Juice	Savory Sweet Potato Fries
				Baked Beans	Garlic Green Beans
				Peach Slices	Diced Pears
				Pineapple Tidbits	Pineapple Juice
				Milk	Milk
	MONDAY 1/6	TUESDAY 1/7	WEDNESDAY 1/8	THURSDAY 1/9	FRIDAY 1/10
Featured Entrée	Grilled Cheese (V)	Turkey Taco Bowl w/ WW Tortilla Rounds	French Toast Sticks(2) w/ Turkey Sausage Links(2) & Syrup	Roasted Chicken w/ Korean BBQ Sauce, Brown Rice & Dinner Roll	Cheesy Beef Totchos w/ Corn Muffin
CHOOSE 1-4	Roasted Sweet Potato	Baked Beans	Potato Rounds	Broccoli Cuts	Vegetable Fruit Juice
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Celery Sticks w/ Low Fat Dip	Broccoli Florets w/ Low Fat Dip
	Blended Fruit Juice	Diced Pears	Peach Slices	Pineapple Juice	Applesauce
	Fresh Apple	Fresh Grapes	Fresh Pear	Fresh Banana	Fresh Clementine
	Milk	Milk	Milk	Milk	Milk
	MONDAY 1/13	TUESDAY 1/14	WEDNESDAY 1/15	THURSDAY 1/16	FRIDAY 1/17
Featured Entrée	Cheese Calzone w/ Marinara Sauce (V)	Chicken Cheesesteak	Chicken Tenders(3) w/ Mini Waffles & Syrup	Cheese Enchiladas w/ Enchilada Sauce	Whole Wheat Penne w/ Meatballs
CHOOSE 1-4	Roasted Sweet Potato	Baked Beans	Curly Fries	Savory Corn	Italian Vegetable Blend
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Celery Sticks w/ Low Fat Dip	Broccoli Florets w/ Low Fat Dip
	Diced Pears	Frozen Fruit Juice Cup	Orange Juice	Applesauce	Peach Slices
	Fresh Apple	Fresh Grapes	Fresh Pear	Fresh Banana	Fresh Clementine
	Milk	Milk	Milk	Milk	Milk
	MONDAY 1/20	TUESDAY 1/21	WEDNESDAY 1/22	THURSDAY 1/23	FRIDAY 1/24
Featured Entrée		Chicken Nuggets(5) w/ Dinner Roll	Mac & Cheese w/ Garlic Breadstick (V)	Crispy Orange Chicken w/ Brown Rice & Dinner Roll	Fish Sticks(4) Tartar Sauce & Dinner Roll
CHOOSE 1-4		Baked Beans	Roasted Sweet Potato	Garlic Green Beans	Savory Sweet Potato Fries
		Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Celery Sticks w/ Low Fat Dip	Broccoli Florets w/ Low Fat Dip
		Applesauce	Blended Fruit Juice	Peach Slices	Diced Pears
		Fresh Grapes	Fresh Pear	Fresh Banana	Fresh Clementine
		Milk	Milk	Milk	Milk
	MONDAY 1/27	TUESDAY 1/28	WEDNESDAY 1/29	THURSDAY 1/30	FRIDAY 1/31
Featured Entrée	Grilled Cheese (V)	Turkey Taco Bowl w/ WW Tortilla Rounds	French Toast Sticks(2) w/ Turkey Sausage Links(2) & Syrup	Roasted Chicken w/ Korean BBQ Sauce, Brown Rice & Dinner Roll	Cheesy Beef Totchos w/ Corn Muffin
CHOOSE 1-4	Roasted Sweet Potato	Baked Beans	Potato Rounds	Broccoli Cuts	Vegetable Fruit Juice
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Celery Sticks w/ Low Fat Dip	Broccoli Florets w/ Low Fat Dip
	Blended Fruit Juice	Diced Pears	Peach Slices	Pineapple Juice	Applesauce
	Fresh Apple	Fresh Grapes	Fresh Pear	Fresh Banana	Fresh Clementine
	Milk	Milk	Milk	Milk	Milk