



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white and fat-free chocolate
Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges
Daily Entree Options may include:
PB&J Jamwich with String Cheese & Graham Snack
Ham & Cheese cubes, Crackers, & Graham Snack
Grilled Chicken Salad w/ roll
Cheeseburger on a bun
Whole Grain Chicken Patty on a bun
Whole Grain Chicken Nuggets with a bun
Cheese or Pepperoni Pizza
Chicken Caesar Salad
Crispy Chicken Wrap
Chicken Caesar Wrap
Ham & Cheese Wrap



Lunch Prices
Students Free

Adult \$3.50

Bernie Kelly - GM
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Menu Subject to Change due to product availability

USDA is an equal opportunity provider and employer.

Monday

27
Chicken Tenders
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
French Fries
Carrot Sticks
Choice of Fruit
Choice of Milk

4
Chicken Nuggets
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
French Fries
Fresh Broccoli
Choice of Fruit
Choice of Milk

11
Columbus Day
No School

Tuesday

28
Cowboy Burger
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Au Gratin Potatoes
Fresh Cucumbers
Choice of Fruit
Choice of Milk

5
Sloppy Joe
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Parsley Potatoes
Fresh Carrot Sticks
Choice of Fruit
Choice of Milk

12
Popcorn Chicken
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

19
General Tso Chicken
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Steamed Rice
Fresh Pepper Strips
Choice of Fruit
Choice of Milk

26
Lasagna
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Steamed Green Beans
Fresh Salad
Choice of Fruit
Choice of Milk

Wednesday

29
Corn Dog
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Steamed Corn
Fresh Celery
Choice of Fruit
Choice of Milk

6
Pot Pie
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Steamed Peas
Fresh Salad
Choice of Fruit
Choice of Milk

13
Corn Dog
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Smiley Fries
Fresh Carrot Sticks
Choice of Fruit
Choice of Milk

20
French Toast
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Hash Brown
Fresh Celery Sticks
Choice of Fruit
Choice of Milk

27
Cheddar Burger
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
French Fries
Fresh Celery Sticks
Choice of Fruit
Choice of Milk

Thursday

30
Rib A Que on a Roll
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Curly Fries
Pepper Strips
Choice of Fruit
Choice of Milk

7
Hot Dog
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Spudsters
Fresh Celery Sticks
Choice of Fruit
Choice of Milk

14
Meatball Sub
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Hash Brown
Fresh Celery Sticks
Choice of Fruit
Choice of Milk

21
Fish Sticks
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Steamed Broccoli
Fresh Salad
Choice of Fruit
Choice of Milk

28
Corn Dog
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Glazed Carrots
Fresh Salad
Choice of Fruit
Choice of Milk

Friday

1
Stuffed Crust Pizza
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Chips
Assorted Veggies
Choice of Fruit
Choice of Milk

8
Pizza
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Fresh Cucumbers
Fresh Salad
Choice of Fruit
Choice of Milk

15
French Bread Pizza
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Buttered Noodles
Fresh Pepper Strips
Choice of Fruit
Choice of Milk

22
Pizza
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Baked Chips
Assorted Fresh Veggies
Choice of Fruit
Choice of Milk

29
Stuffed Crust Pizza
or
Meat Sandwich or
PB & J Sandwich
Featured Veggies:
Parsley Potatoes
Fresh Veggies
Choice of Fruit
Choice of Milk

Pine Grove School District Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/27/21	9/28/21	9/29/21	9/30/21	10/1/21
Pizza Bagel	Sausage Sandwich	Egg Wrap	Waffles	Breakfast Pizza
or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/4/21	10/5/21	10/6/21	10/7/21	10/8/21
Pizza Bagel	Sausage Sandwich	Egg Wrap	French Toast	Breakfast Pizza
or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/11/21	10/12/21	10/13/21	10/14/21	10/15/21
Columbus Day	Sausage Sandwich	Egg Wrap	French Toast	Breakfast Pizza
No School	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/18/21	10/19/21	10/20/21	10/21/21	10/22/21
Pizza Bagel	Sausage Sandwich	Egg Wrap	French Toast	Breakfast Pizza
or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/25/21	10/26/21	10/27/21	10/28/21	10/29/21
Pizza Bagel	Sausage Sandwich	Egg Wrap	French Toast	Breakfast Pizza
or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

What is a Meal?
 You must choose at least 3 of the
 4 components available for the
 school breakfast price.

Choice of: Grain or grain/protein
 Choice of fruit or vegetable
 (must take at least a 1/2 cup)
 and
 Choice of Milk
 Choice of Milk - 1% white, fat-free
 white, chocolate, vanilla and
 strawberry

You must take at least 1/2 cup of

Fruit May Include:
 Canned peaches, applesauce,
 pears, pineapple, fruit cocktail,
 mandarin oranges, 100% juice
 (apple, orange), fresh fruit
 selection including apples,
 bananas and oranges

**Whole Grain Cereal
 Selection May Include:**
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

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Student Breakfast Free Adult Breakfast \$2.00