




















Penn High School Menues

Fall 2023























Breakfast Menu

 Vegetarian

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Egg Cheese Ham Muffin	Blueberry Mini Waffles 	Ham & Cheese Croissant	Chicken Breakfast Biscuit	Pancake on a Stick
Mini Maple Waffles 	Breakfast Pizza	Mini Maple Pancakes 	Banana Bread 	Blueberry Mini Waffles 
Cocoa Puff Breakfast Square 	Overnight Berry Oatmeal 	Western Egg Sandwich 	Overnight Berry Oatmeal 	Breakfast Pizza
Mexican Egg Wrap 	Sausage Cheese Biscuit	Cinnamon Roll 	Fruitti Belgian Waffles 	Mini Cinnamon Rolls 
Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 
Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags
Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars
Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars
Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit
Variety of Juices	Variety of Juices	Variety of Juices	Variety of Juices	Variety of Juices
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cream Cheese Stuffed Bagels 	Breakfast Burrito 	Ham & Cheese Croissant 	Chicken Breakfast Biscuit	Breakfast Pizza
Egg Cheese Biscuit 	Mini Cinnamon Bagels 	Strawberry Pancake Bowl 	Mini French Toast 	Egg Cheese Biscuit 
Mini Maple Pancakes 	Mini Berry French Toast 	Ultimate Breakfast Round 	Sausage Gravy with Biscuit	Mini Maple Waffles 
Raspberry Cream Bar 	Overnight Berry Oatmeal 	Strawberry Stuffed Bagels 	Overnight Berry Oatmeal 	Mini Cinnamon Rolls 
Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 	Yogurt Parfaits 
Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags	Assorted Cereal Bags
Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars	Assorted Breakfast Bars
Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars	Variety of Poptarts & Cereal bars
Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit	Fresh Cut and Whole Fresh Fruit
Variety of Juices	Variety of Juices	Variety of Juices	Variety of Juices	Variety of Juices
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk