



































Penn High School Menus

Fall 2023

 Vegetarian Items


Week 1

Monday	Tuesday	Wednesday	Thursday
Fiesta Fare	Fiesta Fare	Fiesta Fare	Fiesta Fare
Made to Order Burrito, Rice Bowl or Nachos 	Made to Order Burrito, Rice Bowl or Nachos 	Made to Order Burrito, Rice Bowl or Nachos 	Made to Order Burrito, Rice Bowl or Nachos 
Beef Taco, Chicken or Pork Carnitas	Beef Taco, Chicken or Pork Carnitas	Beef Taco, Chicken or Pork Carnitas	Beef Taco, Chicken or Pork Carnitas
Black Beans, Refried Beans, Peppers & Onions 	Black Beans, Refried Beans, Peppers & Onions 	Black Beans, Refried Beans, Peppers & Onions 	Black Beans, Refried Beans, Peppers & Onions 
Cheddar Cheese Sauce 	Jalapeno Cheese Sauce 	Queso Blanco 	Jalapeno Cheese Sauce 
Fresh Salsas and Toppings	Fresh Salsas and Toppings	Fresh Salsas and Toppings	Fresh Salsas and Toppings
Pizza & More	Pizza & More	Pizza & More	Pizza & More
BBQ Chicken Pizza	Cheesy Breadstick 	MAXX Sticks 	Pepperoni Calzone
Cheese Pizza 	Buffalo Chicken Pizza	Cheeseburger Pizza	Garlic Chicken Pizza
Pepperoni Pizza	Cheese Pizza 	Cheese Pizza 	Cheese Pizza 
Mozzarella Sticks 	Vegetable Pizza 	Hot Lava Pizza	Hawaiian Pizza
Chicken Filet Sandwich	Spicy Chicken Patty Sandwich	Chicken Filet Sandwich	Spicy Chicken Patty Sandwich
Hot Off the Grill	Hot Off the Grill	Hot Off the Grill	Hot Off the Grill
Boom Boom Chicken	Boom Boom Chicken	Boom Boom Chicken	Buffalo Chicken Wrap
Spicy Chicken Patty Sandwich	Chicken Filet Sandwich	Nacho Burger	Chicken Parmesan Sandwich
Buffalo Turkey Burger	Philly Beef Sandwich	Meatball Sub	Pizza Burger
Chili Dog	Cheeseburger	Spicy Chicken Patty Sandwich	Chicken Filet Sandwich
Popcorn Chicken	Popcorn Chicken	Popcorn Chicken	Popcorn Chicken
Baked Fries 	Sweet Potato Fries/Mashed Potatoes 	Baked Fries 	Sweet Potato Fries/Mashed Potatoes 
Creation Station	Creation Station	Creation Station	Creation Station
Spicy Szechuan Chicken	Three Cheese Toastie 	Dan Dan Noodle Bowl	Three Cheese Toastie 
Mandarin Chicken	Chicken Bacon Flatbread	General Tso's Chicken	Chicken Alfredo Flatbread
Teriyaki Chicken	Cowboy Quesadilla	Sweet & Sour Chicken	Philly Beef Quesadilla
Popcorn Chicken w/ Mashed Potatoes & Gravy	Baked Potato Bar 	Popcorn Chicken w/ Mashed Potatoes & Gravy	Baked Potato Bar 
Steamed & Confetti Fried Rice 	Grilled Cubano Sandwich	Steamed Broccoli 	Grilled Italian Sandwich
Lemon Zest Broccoli 	Tomato Soup & Baked Potato Soup 	Candied Carrots 	Tomato Soup & Broccoli Cheese 
Grab & Go	Grab & Go	Grab & Go	Grab & Go
Chicken Caesar Salad	Chicken & Apple Wrap	California Club Wrap	Chicken Chef Salad





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Vegetarian Items

Ham & Cheese Sub	Turkey & Cheese Sub	Chicken Caesar Salad	Chicken Salad Wrap
Chicken Salad Wrap	Turkey & Pepperjack Flatbread	Ham & Cheese Sub	Fruity Chicken Croissant
Vegetarian Snack Pack 	Ham & Cheese Sub	Hummus Veggie Pita Plate 	Vegetable Sub 
Italian Sub	Ham Snack Pack	Pizza Snack Pack	Ham & Cheese Sub
Strawberry Spinach Salad	Italian Chef Salad	Turkey & Cheese Sub	Turkey & Cheese Sub
Turkey & Cheese Sub	Italian Sub	Vegetable Sub 	Italian Sub
Vegetable Sub 	Vegetable Sub 	Italian Sub	Turkey Snack Pack
Daily Items	Daily Items	Daily Items	Daily Items
Salad Bar & Caesar Salad 	Salad Bar & Caesar Salad 	Salad Bar & Caesar Salad 	Salad Bar & Caesar Salad 
Variety of Fresh Veggies	Variety of Fresh Veggies	Variety of Fresh Veggies	Variety of Fresh Veggies
Variety of Fresh, Canned and Frozen Fruit and Juices	Variety of Fresh, Canned and Frozen Fruit and Juices	Variety of Fresh, Canned and Frozen Fruit and Juices	Variety of Fresh, Canned and Frozen Fruit and Juices
Breadstick, Muffins, Pretzels & Garlic Toast	Breadstick, Muffins, Pretzels & Garlic Toast	Breadstick, Muffins, Pretzels & Garlic Toast	Breadstick, Muffins, Pretzels & Garlic Toast
Variety of Milk Choices	Variety of Milk Choices	Variety of Milk Choices	Variety of Milk Choices

Friday
Fiesta Fare
Made to Order Burrito, Rice Bowl or Nachos
Beef Taco, Chicken or Pork Carnitas
Black Beans, Refried Beans, Peppers & Onions
Cheddar Cheese Sauce
Fresh Salsas and Toppings
Pizza & More
Mozzarella Sticks
Tomato Pesto Pizza
Cheese Pizza
Pepperoni Pizza
Chicken Filet Sandwich
Hot Off the Grill
Spicy Chicken Patty Sandwich
Mushroom Swiss Burger
Boom Boom Chicken
Grilled Vegetable Panini
Popcorn Chicken
Baked Fries
Creation Station
General Tso's Chicken
Sweet Thai Chicken
Teryaki Edamame Noodles
Popcorn Chicken w/ Mashed Potatoes & Gravy
Steamed Rice
Soy Glazed Green Beans
Grab & Go
Chicken Ranchero Wrap

Fruit and Yogurt Plate 
Vegetable Sub 
Chicken Caesar Salad
Ham & Cheese Sub
Hummus Snack Pack 
Italian Sub
Turkey & Cheese Sub
Daily Items
Salad Bar & Caesar Salad 
Variety of Fresh Veggies
Variety of Fresh, Canned and Frozen Fruit and Juices
Breadstick, Muffins, Pretzels & Garlic Toast
Variety of Milk Choices