












































Penn High School Menues

Fall 2023

 Vegetarian Items















Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Fiesta Fare	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 	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	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 	Black Beans, Refried Beans, Peppers & Onions 
Cheddar Cheese Sauce 	Jalapeno Cheese Sauce 	Queso Blanco 	Jalapeno Cheese Sauce 	Cheddar Cheese Sauce 
Fresh Salsas and Toppings	Fresh Salsas and Toppings	Fresh Salsas and Toppings	Fresh Salsas and Toppings	Fresh Salsas and Toppings
Pizza & More	Pizza & More	Pizza & More	Pizza & More	Pizza & More
BBQ Chicken Pizza	Cheesy Breadstick 	MAXX Sticks	Pepperoni Calzone	Philly Pinwheels
Cheese Pizza 	Hot Lava Pizza	Cheeseburger Pizza	Garlic Chicken Pizza	Tomato Pesto Pizza 
Pepperoni Pizza	Cheese Pizza 	Cheese Pizza 	Cheese Pizza 	Cheese Pizza 
Mozzarella Sticks 	Vegetable Pizza 	Buffalo Chicken Pizza	Hawaiian Pizza	Pepperoni Pizza
Chicken Filet Sandwich	Spicy Chicken Patty Sandwich	Chicken Filet Sandwich	Spicy Chicken Patty Sandwich	Chicken Filet Sandwich
Hot Off the Grill	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	Pizza Burger	Spicy Chicken Patty Sandwich
Spicy Chicken Patty Sandwich	Chicken Filet Sandwich	Philly Beef Sandwich	Orange Chicken Sandwich	Mushroom Swiss Burger
Corn Dog	French Dip Sandwich	Nacho Burger	Bean Burrito w/ Queso 	Boom Boom Chicken
Buffalo Ranch Turkey Burger	Cheeseburger	Spicy Chicken Patty Sandwich	Chicken Filet Sandwich	Fish Street Taco
Popcorn Chicken	Popcorn Chicken	Popcorn Chicken	Popcorn Chicken	Popcorn Chicken
Baked Fries 	Sweet Potato Fries/Mashed Potatoes 	Baked Fries 	Sweet Potato Fries/Mashed Potatoes 	Baked Fries 
Creation Station	Creation Station	Creation Station	Creation Station	Creation Station
Spicy Szechuan Chicken	Three Cheese Toastie 	Dan Dan Noodle Bowl	Three Cheese Toastie 	General Tso's Chicken
Mandarin Chicken	Chicken Bacon Flatbread	General Tso's Chicken	Chicken Alfredo Flatbread 	Sweet Thai Chicken
Teriyaki Chicken	Cowboy Quesadilla	Sweet & Sour Chicken	Philly Beef Quesadilla	Kung Pao Chicken
Popcorn Chicken w/ Mashed Potatoes & Gravy	Baked Potato Bar 	Popcorn Chicken w/ Mashed Potatoes & Gravy	Baked Potato Bar 	Popcorn Chicken w/ Mashed Potatoes & Gravy
Steamed & Confetti Fried Rice 	Grilled Cubano Sandwich	Steamed Broccoli/Steamed Rice 	Grilled Italian Sandwich	Teriyaki Edamame Noodles/Steamed Rice 
Lemon Zest Broccoli 	Tomato Soup & Baked Potato Soup 	Candied Carrots 	Tomato Soup & Broccoli Cheese Soup 	Soy Glazed Green Beans 

Penn High School Menues

Fall 2023

 Vegetarian Items

Grab & Go	Grab & Go	Grab & Go	Grab & Go	Grab & Go
Chicken Caesar Salad	Chicken & Apple Wrap	California Club Wrap	Chicken Chef Salad	Chicken Ranchero Wrap
Ham & Cheese Sub	Turkey & Cheese Sub	Chicken Caesar Salad	Chicken Salad Wrap	Fruit and Yogurt Plate 
Chicken Salad Wrap	Turkey & Pepperjack Flatbread	Ham & Cheese Sub	Fruity Chicken Croissant	Vegetable Sub 
Vegetarian Snack Pack 	Ham & Cheese Sub	Hummus Veggie Pita Plate 	Vegetable Sub 	Chicken Caesar Salad
Italian Sub	Ham Snack Pack	Pizza Snack Pack	Ham & Cheese Sub	Ham & Cheese Sub
Strawberry Chicken Spinach Salad	Italian Chef Salad	Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey Snack Pack
Turkey & Cheese Sub	Italian Sub	Vegetable Sub 	Italian Sub	Italian Sub
Vegetable Sub 	Vegetable Sub 	Italian Sub	Hummus Snack Pack 	Turkey & Cheese Sub
Daily Items	Daily Items	Daily Items	Daily Items	Daily Items
Salad Bar  & Caesar Salad	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 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	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	Breadstick, Muffins, Pretzels & Garlic Toast
Variety of Milk Choices	Variety of Milk Choices	Variety of Milk Choices	Variety of Milk Choices	Variety of Milk Choices