




























Penn High School Menus

Fall 2025




























Breakfast Menu

Vegetarian

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cin. Bagel w/ Cream Cheese 	Strawberry Stuffed Bagel 	Cheesy Scrambled Eggs w/ Toast 	Sausage Gravy w/ Biscuit	Egg & Sausage Breakfast Bagel
Mini Maple Waffles 	Mini Maple Pancakes 	French Toast Sticks 	Banana Bread 	Mini Maple Pancakes 
Bagel Denver Omelet	Whole Grain Donut 	Ultimate Breakfast Round 	Blueberry Sheet Pancake 	Strawberry Stuffed Bagel 
Egg Cheese Ham Muffin	Hot Honey Sausage Breakfast Pizza	Mini Cinnamon Bagels 	Mini Caramel Roll 	Fresh Baked Cinnamon Roll 
Waffle Snaps 	Crunchy Egg Taco 	Ham & Cheese Croissant	Chicken Breakfast Biscuit	Cheesy Egg Sausage Breakfast Bake
Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 
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
	Strawberry Stuffed Bagels 	French Toast Sticks 	Banana & Banana Bread 	Egg Sausage Bagel
Bacon Egg Cheese Wrap	Cheesy Eggs w/ Toast 	Spicy Egg Tator Tots 	Western Egg Sandwich	Strawberry Stuffed Bagel 
Cream Cheese Stuffed Bagel 	Mini Maple Pancakes 	Ham & Cheese Croissant	Strawberry Sheet Pancake 	Freshly Baked Cinnamon Roll 
Sausage Cheese Biscuit	Chicken Breakfast Biscuit	Ultimate Breakfast Round 	Mini Caramel Roll 	Cheesy Broccoli Egg Muffin 
Mini Maple Waffles 	Whole Grain Donut 	Bagel w/ Cream Cheese 	Pancake on a Stick	Mini Maple Pancakes 
Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 	Overnight Berry Oatmeal 
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