

SUMMER SCHOOL MENU – 2017

Prince William County Public Schools

Allergen Information

(E=egg, M=milk, S=soy, W=wheat)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUMMER SCHOOL					
B R E A K F A S T	Mini-Pancakes (E,M,W) Cereal (see package) Cheese Stick (M) Chilled Apple Juice (none)	Skillet Frittata Wrap (E,M,S,W) Cereal (see package) Cheese Stick (M) Chilled Orange Juice (none)	Pancake Sandwich (E,M,S,W) Cereal (see package) Cheese Stick (M) Blended Fruit Juice (none)	Ham & Cheese Croissant (E,M,S,W) Cereal (see package) Cheese Stick (M) Orange Wedges (none)	Pancake Puppy (E,S,W) Cereal (see package) Cheese Stick (M) Banana (none)
L U N C H	Personal Pan Cheese Pizza (M,W) SunWise Sandwich (S,W) Cheese (M) Crackers (W) Yogurt (M) Fruit Bread (E,S,W) Baby Carrots (none) Dip (E,M) Frozen Juice Cup (none)	BBQ Beef Rib Sandwich (S,W) SunWise Sandwich (S,W) Cheese (M) Crackers (W) Yogurt (M) Fruit Bread (E,S,W) Carrots & Celery (none) Dip (E,M) Fresh Apple (none)	Beef & Cheese Taco Stick (M,S,W) SunWise Sandwich (S,W) Cheese (M) Crackers (W) Yogurt (M) Fruit Bread (E,S,W) Celery Sticks & Grape Tomatoes (none) Dip (E,M) Melon (none)	Pizza Sticks (M,S,W) Dipping Sauce (none) SunWise Sandwich (S,W) Cheese (M) Crackers (W) Yogurt (M) Fruit Bread (E,S,W) Raw Vegetables (none) Dip (E,M) Chilled Canned Fruit (none)	Chicken, Turkey Pepperoni & Cheese Sub (M,S,W) SunWise Sandwich (S,W) Cheese (M) Crackers (W) Yogurt (M) Fruit Bread (E,S,W) Baby Carrots & Broccoli (none) Dip (E,M) Nectarine (none)

Menu contains no peanuts, tree nuts, fish, shellfish, or pork products.

ALL BREAKFASTS INCLUDE a CHOICE of SKIM or LOW FAT MILK.

ALL LUNCHESS INCLUDE a CHOICE of SKIM, LOW FAT or FAT-FREE CHOCOLATE MILK.