

# September 2020

## North Penn School Nutrition Services

### LUNCH

Fresh Fruit may include: apple, orange, grapes, banana  
 100% Fruit Juice may include: apple, orange, fruit punch, grape

This institution is an equal opportunity provider.  
 Menu subject to change without notice.

#### Curbside Pick-Up Days & Times\*:

Tuesdays, 11am-1pm or 5pm-7pm or  
 Wednesdays, 7am-9am

\*Exception is the first week of school, Monday 8/31  
 will be the only distribution day from 11am-1pm

#### Curbside Pick-Up Locations

All North Penn Elementary Schools\* and  
 Pennedale Middle School

\*Knapp is temporarily closed as a pick-up site due to  
 construction, we encourage those students to visit us at Pennedale!

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

August 31<sup>st</sup>  
 Bosco Sticks  
 Marinara Sauce  
 Romaine Salad  
 Apple  
 1% White Milk

Popcorn Chicken with  
 Dinner Roll & Potato  
 Rounds or Brunch for Lunch  
 Cucumber  
 100% Apple Juice  
 1% White Milk **1**

Cheeseburger or  
 WOW Butter Sandwich **2**  
 French Fries  
 Baby Carrots  
 Apple  
 1% White Milk

Nacho Meal **3**  
 Cheddar Cheese Cup  
 Corn Chips & Salsa  
 Black Beans  
 100% Grape Juice  
 1% White Milk

No School **4**

No School **7**

Pretzel Bun Grilled  
 Cheese Sandwich **8**  
 Tater Tots  
 Baby Carrots  
 Apple  
 1% White Milk

Chicken Patty or  
 WOW Butter Sandwich **9**  
 Romaine Salad  
 Baby Carrots  
 Apple  
 1% White Milk

Cheese Quesadilla **10**  
 Black Beans  
 Romaine Salad  
 100% Grape Juice  
 1% White Milk

French Bread Pizza **11**  
 Cucumber  
 Romaine Salad  
 Fresh Orange  
 1% White Milk

Turkey & Cheese  
 Sandwich on Club Roll **14**  
 Potato Chips  
 Baby Carrots & Romaine Salad  
 Apple  
 1% White Milk

Local Chicken **15**  
 Drumstick  
 Dinner Roll & Potato Triangles  
 Or Brunch for Lunch  
 Cucumber & 100% Apple Juice  
 1% White Milk

French Toast Sticks **16**  
 Egg Patty  
 Cinnamon Apples  
 Baby Carrots  
 Romaine Salad  
 1% White Milk

Soft Shell Chicken **17**  
 Taco with Salsa or  
 Grilled Cheese Sandwich  
 Romaine Salad & Black Beans  
 100% Grape Juice  
 1% White Milk

Philly Cheese Steak **18**  
 Sandwich or  
 Brunch for Lunch  
 Romaine Salad & Cucumbers  
 Orange  
 1% White Milk

Bosco Sticks **21**  
 Marinara Sauce  
 Romaine Salad  
 Apple  
 1% White Milk

Popcorn Chicken with  
 Roll & Mashed Potatoes **22**  
 Or Brunch for Lunch  
 Cucumber  
 100% Apple Juice  
 1% White Milk

Cheeseburger or  
 WOW Butter Sandwich **23**  
 French Fries  
 Baby Carrots  
 Apple  
 1% White Milk

Nacho Meal **24**  
 Cheddar Cheese Cup  
 Corn Chips & Salsa  
 Black Beans  
 100% Grape Juice  
 1% White Milk

Stuffed Crust Pizza **25**  
 Cucumbers  
 Romaine Salad  
 Orange  
 1% White Milk

#### Manager's Special!

Chicken Nuggets with  
 Roll & Macaroni & Cheese **29**  
 Or Brunch for Lunch  
 Baby Carrots & Cucumbers  
 100% Apple Juice  
 1% White Milk

Chicken LoMein with  
 Broccoli or  
 WOW Butter Sandwich **30**  
 Romaine Salad & Baby Carrots  
 Apple  
 1% White Milk

#### Free Meal Bundles

All meals are FREE for any child 18 & younger. Now you may pick up  
 meals for all children in a household!

Each meal bundle includes a full week of meals: 5 breakfasts & 5 lunches.

Come out to one of our locations just once per week for a full week  
 of free meals for your child(ren). Meal bundles are one per child, per week.