

# MARCH/APRIL 2023



# WILLIAM PENN PREK LUNCH MENU

Daily Fruit Options:
-Whole Apple
-Whole Orange
-Banana; medium size
-Applesauce (1/2 cup)
-Mixed Fruit (1/2 cup)

## Monday

**3/27/2023**  
No School  
In-Service Day



## Tuesday

**3/28/2023**  
Walking Taco  
(WGR tortilla chips 3/4 oz,  
taco meat 2 oz)

Green Pepper Strips (1/2 Cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## Wednesday

**3/29/2023**  
Turkey & Cheese  
Wrap WGR  
(WGR wrap 2 oz,  
turkey 2 1/2 oz)

Green Beans (1/2 Cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## Thursday

**3/30/2023**  
Toasted  
Cheese Sandwich WGR  
(WGR bread 2 oz,  
cheese 2oz.

Tomato Soup (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## Friday

**3/31/2023**  
Italian Dunker  
on WGR CRUST  
(WGR crust 2 ox.,  
Mozzarella Cheese 2 oz  
Garlic Spread 1 oz)

Chick Pea Salad (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/3/2023

Chicken Nuggets WGR w/  
Dinner Roll WGR  
(2oz. Meat, 2 oz. DinnerRoll)

Celery Sticks (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/4/2023

Cheese Burger  
On WGR Bun  
(WGR bun 2 oz,  
cheese 1/2 oz,  
burger patty 2 1/4 oz)

Steamed Broccoli (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/5/2023

Hot Ham and Cheese  
On WGR Pretzel Roll  
(ham 1 3/4 oz, cheese 1/2 oz  
WGR bun 2 oz)

Roasted Zucchini (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/6/2023

No School  
Spring Break



## 4/7/2023

No School  
Spring Break



### Food Experience Days

3/28/23 Walking Taco  
4/12/2023 Nacho Grande



### Nutritious Friends

Look for our Nutritious Friend of the Month on the next menu!!

Our Nutritious Friends are different fruits and vegetables you can try!!

## 4/10/2023

No School  
Spring Break



## 4/11/2023

"Breakfast for Lunch"  
WGR French Toast Sticks  
w/ Cheese Sticks 2 oz  
(WGR bread 3 oz,

Steamed Corn (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/12/2023

Nachos Grande  
WGR Tortilla Chips  
(taco meat 2 oz,  
WGR chips 2 oz)

Black Beans (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/13/2023

"County Fair Day"  
Turkey Corn Dog WGR  
(turkey hot dog 2 oz,  
WGR bread 2 oz)

Apple Cider Slaw (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/14/2023

Hot Dog  
WGR Bun 2oz.  
Hot dog turkey 2oz

Baked Beans (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/17/2023

Meatball  
Hoagie WGR  
(WGR bun 2 oz,  
beef meatball 2 1/2 oz,  
cheese 1/2 oz)

Chick Pea Salad (1/2 oz)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/18/2023

Walking Taco  
(WGR tortilla chips 3/4 oz,  
taco meat 2 oz)

Mexicali Corn (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/19/2023

Cheese Steak  
On WGR Roll  
(cheese 1/2 oz, meat 3 oz,  
WGR bun 2 oz)

Ranchero Carrots (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/20/2023

Pasta Bar  
Meatballs Marinara  
Over WGR Spaghetti  
(meatballs 2 oz,  
WGR spaghetti 1 3/4 oz)

Steamed Broccoli (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/21/2023

Fiestada Pizza WGR  
(beef 2 oz,  
WGR crust 2 oz)

Cherry Tomatoes (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/24/2023

General Tso Chicken  
with Brown Rice WGR  
(brown rice 3/4 cup,  
chicken 3 oz)

Cucumber Slices (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/25/2023

Mini Corn Dogs WGR  
(mini turkey hot dog 2 oz,  
WGR bread 2 oz)

Golden Corn (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/26/2023

"Breakfast for Lunch"  
WGR French Toast Sticks  
w/ Cheese Sticks 2 oz  
(WGR bread 3 oz,

Carrot Sticks (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/27/2023

Chicken Patty  
On WGR Roll  
(chicken 3 oz,  
WGR bread 1 oz,  
WGR bun 2 oz)

Cherry Tomatoes (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 4/28/2023

Italian Dunker  
on WGR CRUST  
(WGR crust 2 ox.,  
Mozzarella Cheese 2 oz  
Garlic Spread 1 oz)

Steamed Green Beans (1 oz)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 5/1/2023

Meatball  
Hoagie WGR  
(WGR bun 2 oz,  
beef meatball 2 1/2 oz,  
cheese 1/2 oz)

Red Pepper Strips (1/2 Cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 5/2/2023

Nachos Grande  
WGR Tortilla Chips  
(taco meat 2 oz,  
WGR chips 2 oz)

Steamed  
Green Beans (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 5/3/2023

Hot Dog  
WGR Bun 2oz.  
Hot dog turkey 2oz

Green Pepper  
Strips (1/2 Cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 5/4/2023

Cheese Pizza WGR  
(WGR crust 2 oz,  
cheese 2 oz)

Steamed Corn (1/2 cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

## 5/5/2023

Popcorn Chicken WGR  
w/Goldfish Crackers WGR  
(chicken 3 oz,  
WGR 3/4 oz)

Cherry Tomatoes (1/2 Cup)

Choice of Fruit  
1% Unflavored Milk (8 oz)

### Lunch Prices

Student \$2.75/\$3.55\*  
Reduced \$ .40

Adult \$4.35/\$4.55\*  
Tier

Make checks payable: BPSD Caf  Fund  
www.payforit.net for online payments

Try www.SchoolCafe.com for menus and nutritional information

General Manager  
Brandon Agostinelli

Phone Number  
412-854-8754

Email

[Agostinelli.Brandon@bphawks.org](mailto:Agostinelli.Brandon@bphawks.org)

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