



# OCTOBER 2022

## Portage Area High School

Daily Entree Alternates:

Stuffed Crust Pizza (Mon.-Thurs.) Buffalo Chicken Pizza (10/7, 10/21)  
Meat Lovers Stromboli (10/14, 10/28)  
Chef Salad (Week of 10/3, 10/17, 10/31) Buffalo Chicken Salad (Week of 10/10)  
Chicken Salad (Week of 10/24)  
Blueberry or Strawberry Yogurt Parfait

**MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Dog/Bun Soft Pretzel Baked Beans Fresh Baby Carrots Orange Craisins/Dried Apple Slices</p> <p><b>3</b></p>	<p>Chicken &amp; Cheese Quesadilla Fresh Veggie Boat Applesauce Craisins/Dried Apple Slices</p> <p><b>4</b></p>	<p>Cheesy Noodles with Ground Beef Emoticon Fries Fresh Cucumber Slices Mandarin Oranges Craisins/Dried Apple Slices</p> <p><b>5</b></p>	<p>Breaded Ravioli Stuffed Breadstick Corn Fresh Red Pepper Slices Apple Slices Craisins/Dried Apple Slices</p> <p><b>6</b></p>	<p>Deli Turkey &amp; Cheese Croissant Pasta Salad Chilled Pears Craisins/Dried Apple Slices Chocolate Chip Cookie</p> <p><b>7</b></p>
<p>No School Teachers In-Service</p> <p><b>10</b></p>	<p>Taco In A Bag Fresh Veggie Boat Applesauce Craisins/Dried Strawberry Apple Slices</p> <p><b>11</b></p>	<p>Chicken Alfredo/T-Roll Peas Fresh Cucumber Slices Chilled Pineapple Craisins/Dried Strawberry Apple Slices Vanilla Pudding</p> <p><b>12</b></p>	<p>Orange Chicken Steamed Brown Rice Fresh Green Pepper Slices Steamed Broccoli Apple Slices Craisins/Dries Strawberry Apple Slices</p> <p><b>13</b></p>	<p>Mini Corn Dogs Pasta Salad Chilled Peaches Craisins/Dries Strawberry Apple Slices Raspberry Churro</p> <p><b>14</b></p>
<p>BBQ Pork Patty/Bun Coleslaw Cooke Carrots/Peas Banana Craisins/Dried Apple Slices</p> <p><b>17</b></p>	<p>Chicken Fajitas Fresh Veggie Boat Applesauce Craisins/Dried Apple Slices</p> <p><b>18</b></p>	<p>Chicken Parmesan Spaghetti Cucumber/Tomato Salad Mixed Vegetables Mandarin Oranges Craisins/Dried Apple Slices</p> <p><b>19</b></p>	<p>Meatball Bowl Pretzel Rods Fresh Red Pepper Slices Fresh Cucumber Slices Apple Slices Craisins/Dried Apple Slices</p> <p><b>20</b></p>	<p>Perogies/Sausage Patty/T-Roll Pasta Salad Chilled Pears Craisins/Dried Apple Slices Cocoa Cherry Bar</p> <p><b>21</b></p>
<p>Deli Ham &amp; Cheese/Pretzel Bun Spiral French Fries Fresh Baby Carrots Mixed Fruit Craisins/Dried Mixed Fruit</p> <p><b>24</b></p>	<p>Hard Shell Taco's T-Roll Fresh Veggie Boat Applesauce Craisins/Dried Mixed Fruit</p> <p><b>25</b></p>	<p>Breaded Fish Patty/Bun Oven Roasted Vegetables Coleslaw Chilled Pineapple Craisins/Dried Mixed Fruit</p> <p><b>26</b></p>	<p>Breaded Mozzarella Sticks Fresh Green Pepper Slices Sweet Potato Fries Apple Slices Craisins/Dried Mixed Fruit</p> <p><b>27</b></p>	<p>Popcorn Chicken T-Roll Pasta Salad Chilled Peaches Craisins/Dried Mixed Fruit Goldfish Crackers</p> <p><b>28</b></p>
<p>Deli Ham, Egg, Cheese Croissant Broccoli Salad Cooked Carrots Apple Craisins/Dried Apple Slices</p> <p><b>31</b></p>	<p>Offered Daily: 100% Juice Choice of Milk</p>			

What is CEP and what does it mean for me?

- CEP stands for Community Eligibility Provision.
- Under CEP, all students in Portage Area School District are eligible to receive (1) breakfast and (1) lunch at no cost.

The 5 food groups to a school lunch are:

Meat/Meat Alternative  
Grain  
Fruit  
Vegetable  
Milk

Choice 3 or more food groups.  
Pick at least ½ cup fruit and/or vegetable.



Meal Prices

2<sup>nd</sup> Lunch - \$2.50      Adult Lunch - \$4.75  
Milk (2<sup>nd</sup>) - \$.50  
Bottled Water (Large) - \$.50  
Bottled Water (Small) - \$.30

**A copy of the menu with the nutritional and allergy information is available at:**  
<https://www.schoolcafe.com/PortageASD>