



SEPTEMBER 2022

Portage Area High School

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY

Daily Entree Alternates:

- Stuffed Crust Pizza (Mon.-Thurs.) Buffalo Chicken Pizza (9/9, 9/23)
- Meat Lovers Stromboli (9/2, 9/16, 9/30)
- Chef Salad (Week of 9/5, 9/19) Buffalo Chicken Salad (Week of 9/1, 9/26)
- Chicken Salad (Week of 9/12)
- Blueberry or Strawberry Yogurt Parfait

Monday

Tuesday

Wednesday

Thursday

Friday

No School

**5**

6
 Chicken Fajitas
 Fresh Veggie Boat
 Cinnamon Applesauce
 Dried Cherries/Dried Apple Slices

7
 Offered Daily:
 100% Juice
 Choice of Milk
 Chicken Parmesan
 Spaghetti
 Cucumber/Tomato Salad
 Mixed Vegetables
 Mandarin Oranges
 Dried Cherries/Dried Apple Slices

1
 Orange Chicken
 Steamed Brown Rice
 Fresh Green Pepper Slices
 Steamed Broccoli
 Grapes
 Craisins/Dries Strawberry Apple Slices

2
 Mini Corn Dogs
 Pasta Salad
 Chilled Peaches
 Craisins/Dries Strawberry Apple Slices
 Raspberry Churro

12
 Deli Ham & Cheese/Pretzel Bun
 Spiral French Fries
 Fresh Baby Carrots
 Mixed Fruit
 Craisins/Dried Mixed Fruit

13
 Hard Shell Taco's
 T-Roll
 Fresh Veggie Boat
 Strawberry Banana Applesauce
 Craisins/Dried Mixed Fruit

14
 Breaded Fish Patty/Bun
 Oven Roasted Vegetables
 Coleslaw
 Chilled Pineapple
 Craisins/Dried Mixed Fruit

15
 Breaded Mozzarella Sticks
 Fresh Green Pepper Slices
 Sweet Potato Cubes
 Grapes
 Craisins/Dried Mixed Fruit

16
 Popcorn Chicken
 T-Roll
 Pasta Salad
 Chilled Peaches
 Craisins/Dried Mixed Fruit
 Goldfish Crackers

19
 Deli Ham, Egg, Cheese Croissant
 Broccoli Salad
 Cooked Carrots
 Apple
 Dried Cherries/Dried Apple Slices

20
 Chicken Queso Bowl
 Fresh Veggie Boat
 Applesauce
 Dried Cherries/Dried Apple Slices

21
 Popcorn Shrimp
 Macaroni & Cheese
 Cucumber/Tomato Salad
 Corn
 Mandarin Oranges
 Dried Cherries/Dried Apple Slices

22
 Teriyaki Beef Dipper
 Fried Rice
 Oriental Vegetable Blend
 Fresh Red Pepper Slices
 Apple Slices
 Dried Cherries/Dried Apple Slices

23
 Philly Steak/Bun
 Pasta Salad
 Chilled Peaches
 Dried Cherries/Dried Apple Slices
 Vanilla Chat Snax

26
 Chicken Patty/Bun
 Fresh Broccoli
 Green Beans
 Mixed Fruit
 Craisins/Dried Strawberry Apple Slices

27
 Taco Dip
 Tostitos
 Fresh Veggie Boat
 Cinnamon Applesauce
 Craisins/Dried Strawberry Apple Slices

28
 Spaghetti with Meat Sauce
 T-Roll
 Peas
 Fresh Cucumber Slices
 Chilled Pineapple
 Craisins/Dried Strawberry Apple Slices

29
 Chicken Puff Pastry/T-Roll
 Cheez-its
 Fresh Green Pepper Slices
 Mashed Potato
 Grapes
 Craisins/Dried Strawberry Apple Slices

30
 Mustang Hoagie/Bun
 Pasta Salad
 Chilled Peaches
 Craisins/Dried Strawberry Apple Slices
 Apple Churro

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 1/2 cup fruit and/or vegetable.



Meal Prices

- 2nd Lunch - \$2.50
- Milk (2nd) - \$.50
- Adult Lunch - \$4.75
- 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>