



PMHS Supper Menu

2024-2025 2nd SEMESTER

MONDAY

**Breaded Chicken
Pieces with
WG Dinner Roll**
(87g/5 pieces + 34g/1 roll)

TUESDAY

WG Pizza Slice
(145g/1 slice)

WEDNESDAY

**Calzone with Marinara
Sauce**
(142g/1 calzone
+ 2.5oz marinara)

THURSDAY

**Cheeseburger
on WG Bun**
(2.45oz/1 patty + 1 slice 14g/1
slice cheese on 4" WG
hamburger bun - 60g/1 ea)

FRIDAY

**Chicken Patty
Sandwich on WG Bun**
(4oz/1 chicken patty
on 4" WG hamburger bun -
60g/1 ea)

Entrées

**Ham & Cheese
Sandwich on WG
Bun**
(5 slices ham, 1 slice cheese
on 4" WG hamburger bun)

**Turkey & Cheese
Sandwich on WG
Bun**
(3 slices turkey, 1 slice
cheese on 4" WG
hamburger bun)

**Ham & Cheese
Sandwich on WG Bun**
(5 slices ham, 1 slice cheese on
4" WG hamburger bun)

**Turkey & Cheese
Sandwich on WG Bun**
(3 slices turkey, 1 slice cheese on
4" WG hamburger bun)

**Ham & Cheese
Sandwich on WG Bun**
(5 slices ham, 1 slice cheese
on 4" WG hamburger bun)

OR

* Additional entrée option of PBJ Uncrustable (5.3 oz/1 ea) offered each day

Veggies

Broccoli
(1/2 cup)

Corn
(1/2 cup)

Broccoli
(1/2 cup)

Green Beans
(1/2 cup)

Corn
(1/2 cup)

Fresh Baby Carrots (1/2 cup) with Ranch Dip offered each day

Other Sides

Fruit (1/2 cup)

Milk (8 fl. oz.)

WG = whole grain

Portion size displayed in parenthesis

Fruit Choices:

Fresh: kiwi, apple slices, cantaloupe, seedless grapes, orange, pineapple, honeydew, watermelon, blueberries, strawberries, pears banana

Canned: applesauce cup, diced peach cup, diced strawberry cup, fruit cocktail, mandarin oranges, sliced peaches, diced pears, pineapple chunks, pineapple tidbits, tropical fruit salad

Dried: Craisins, raisins

CACFP Supper must contain all five components to be a reimbursable meal:

-8 fl. oz. unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk
-2 oz. meat/meat alternates
-1/2 c. vegetables
-1/4 c. fruit (we serve 1/2 c.)
-1 oz. grains

JANUARY 2025

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

FEBRUARY 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MARCH 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

APRIL 2025

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

MAY 2025

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Menus subject to change. The institution is an equal opportunity provider.