




TCHS PENNOCK’S BRIDGE LUNCH MENU JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 2 Chick-N-Filet Sandwich on a Hamburger Bun <ul style="list-style-type: none">• Potato Wedges• Baby Carrots with Dip• Sliced Peaches	January 3 Sweet & Sour Chicken Bowl Fried Brown Rice <ul style="list-style-type: none">• Crunchy Broccoli Florets• Cucumbers w/ Dip• Orange Wedges• W.G. Fortune Cookie	January 4 BRUNCH FOR LUNCH Sausage, Egg and Cheese on a Croissant. <ul style="list-style-type: none">• Hash Brown Patty• Baby Carrots w/dip• Celery w/dip• Apple	January 5 Pizza OR Pizza Dippers with Pizza Sauce <ul style="list-style-type: none">• Spiral Fries• Sweet Carrots• Grapes
January 8 Hot Turkey Sandwich w/ Gravy <ul style="list-style-type: none">• Mashed Potatoes w/ Gravy• Sweet Corn• Orange Wedges	January 9 Cheese Lasagna <ul style="list-style-type: none">• Garlic Bread•Crunchy Broccoli Florets• Mandarin Oranges	January 10 Chicken Tenders Macaroni & Cheese <ul style="list-style-type: none">• Baked Beans• Garden Salad• Sliced Peaches	January 11 Cheesesteak on a Club Roll <ul style="list-style-type: none">• Sweet Potato Fries• Cucumbers w/Dip• Sliced Strawberries	January 12 Pizza OR Pizza Dippers with Pizza Sauce <ul style="list-style-type: none">• Spiral Fries• Sweet Carrots• Grapes
January 15 NO SCHOOL 	January 16 Turkey Beef Taco Tostitos Scoops <ul style="list-style-type: none">• Potato Puffs• Fiesta Black Beans• Garden Salad• Salsa• Apple	January 17 General Tso's Popcorn Chicken Fried Brown Rice (¾ cup) <ul style="list-style-type: none">• Crunchy Broccoli Florets• Cucumbers w/ Dip• Orange Wedges• Fortune Cookie	January 18 Meatballs (4) w/ Garlic Bread (2) <ul style="list-style-type: none">• French Fries• Baby Carrots w/ Dip• Mandarin Oranges	January 19 NO SCHOOL 
January 22 All Beef Hot Dog on a Hot Dog Bun Macaroni and Cheese <ul style="list-style-type: none">• Baked Beans• Baby Carrots with Dip• Sliced Peaches	January 23 Kicken Chicken Nachos w/ Cheese Sauce Doritos (1.4 oz) <ul style="list-style-type: none">• Sweet Corn• Refried Beans• Salsa• Shredded Lettuce• Pineapple Tidbits	January 24 Rotini w/Meat Sauce Garlic Texas Toast <ul style="list-style-type: none">• Crunchy Broccoli Florets• Garden Salad• Sliced Strawberries• Cookie	January 25 Popcorn Chicken Dinner Roll Mashed Potatoes with Gravy <ul style="list-style-type: none">• Sweet Corn• Orange Wedges	January 26 Pizza OR Pizza Dippers with Pizza Sauce <ul style="list-style-type: none">• Spiral Fries• Cucumbers w/Dip• Grapes
January 29 Cheeseburger on a W.G Bun <ul style="list-style-type: none">• French Fries• Baked Beans• Baby Carrots with Dip• Sliced Peaches	January 30 TACO BOWL Turkey Taco w/Cheese Sauce W.G Tostitos Scoops (1.4 oz) <ul style="list-style-type: none">• Sweet Corn• Salsa• Shredded Lettuce• Pineapple Tidbits	January 31 Sweet & Sour Chicken Bowl Fried Brown Rice <ul style="list-style-type: none">• Crunchy Broccoli Florets• Cucumbers w/ Dip• Orange Wedges• W.G. Fortune Cookie		

DAILY LUNCH

ALTERNATE ENTREE’S:

Assorted Salad Meal.

Assorted Sandwiches.

PB&J with Cheese Stick.

Offered with Fruit and Vegetable of the day.

BREAKFAST AND LUNCH ARE
FREE TO ALL STUDENTS

ADULT LUNCH PRICE:

\$5.00

OFFER VS SERVE LUNCH

½ pint 1% unfiltered or non-fat flavored, 4 oz. juice offered with each meal

Assortment of fresh fruit and/or fruit cup available daily.

Students have the option of taking 1 or 2 fruits or 1 juice and/or 1 fruit.

A reimbursable Lunch has 5 components: Meat/Meat Alternate Grains Fruit, Vegetable, and Milk. You must choose at least 3 components to make a reimbursable meal, and one of them MUST be a ½ cup FRUIT or ½ cup VEGETABLES.

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