





CENTRAL KITCHEN BREAKFAST

SEPT '22







Monday	Tuesday	Wednesday	Thursday	Friday
			1 Main Entrée Breakfast Pizza	2 Main Entrée Mini Pancakes
5 Labor Day	6 Main Entrée IW Omelet 	7 Main Entrée Turkey Sausage Biscuit	8 Main Entrée Yogurt Parfait w/ Granola 	9 Main Entrée Strawberry Strudel
12 Main Entrée French Toast Sticks & Homemade Strawberry Sauce	13 Main Entrée Turkey Ham & Cheese Stuffer	14 Main Entrée Egg & Cheese Wrap	15 Main Entrée Breakfast Pizza	16 Main Entrée Fruit Cobbler
19 Main Entrée Apple Cinnamon Texas Toast	20 Main Entrée IW Omelet 	21 Main Entrée Turkey Sausage Biscuit	22 Main Entrée Strawberry Strudel	23 Main Entrée Yogurt Parfait w/ Granola 
26 Rosh Hashanah	27 Main Entrée Turkey Ham & Cheese Stuffer	28 Main Entrée Pancake Bowl	29 Main Entrée Breakfast Pizza	30 Main Entrée Fruit Cobbler

DID YOU KNOW...


Students who eat breakfast are fueled up to learn and score higher on tests!

BREAKFAST SIDES

- Multigrain Cheerios 
- Cocoa Puffs
- CINNAMON GRANOLA 
- Yogurt Cups 
- Dried Mixed Fruit 
- Plain & Sour Raisins 
- Breakfast Breads
- Lucky Charms 
- Rice Chex 
- Fresh Fruit 
- Salsa Cup 
- Craisins 

-  Vegetarian Options Available Daily
-  Contains Fish
-  Local Skim & 1% Milk
-  Contains Pork
-  Fresh Fruit & Ueggies Daily
-  Gluten Free


 Classroom Entrées are available in schools participating in "Breakfast in the Classroom" and meet USDA requirements for a nutritious breakfast!

Our menus meet USDA Requirements
Menu items are subject to change 
pittsburghpublicschoolslunch.wordpress.com

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Main Entrée Breaded Mozzarella Sticks & Marinara Side Choices Sweet Potato Fries Applesauce	2 Main Entrée All-Beef Patty Side Choices Whole Grain or GF Bun Potato Emojis Fresh Cut Watermelon Mango Peach Slush
Labor Day 5	6 Main Entrée All Beef Meatballs & Red Sauce Side Choices Whole Grain or GF Hoagie Cheesy Cauliflower Diced Mango	7 Main Entrée Crispy Chicken Sandwich Side Choices Potato Emojis Mandarin Oranges	8 Main Entrée Nacho Bites Side Choices Mixed Vegetables Salsa Cup Diced Pears	9 Main Entrée Orange Chicken & Veggie Fried Rice Side Choices Seasoned Edamame Berry Berry Slush
12 Main Entrée Pizzaboli & Marinara Side Choices Green Beans Applesauce Pumpkin Spice Cake	13 Main Entrée All-Beef Patty Side Choices Whole Grain or GF Bun Broccoli & Cheese Diced Mango	14 Main Entrée Chicken & Waffles Side Choices Sweet Potato Fries Mandarin Oranges	15 Main Entrée Walking Taco with RF Tostitos Side Choices Sweet Corn Salsa Cup Diced Pears	16 Main Entrée Burger Fries Side Choices Mashed Potatoes & Gravy Paradise Punch
19 Main Entrée 3 Cheese Cavatappi Side Choices Seasoned Broccoli Dinner Roll Applesauce	20 Main Entrée BBQ Beef Rib Patty Side Choices Whole Grain or GF Hoagie Mixed Vegetables Diced Mango	21 Main Entrée Lasagna Roll-up Side Choices Garlic Knot Side Salad Mandarin Oranges	22 Main Entrée Chicken Nuggets Side Choices BBQ Baked Beans Fresh Cut Watermelon	23 Main Entrée Beef Chili & Fritos Side Choices Potato Emojis Grape Slush
26 Rosh Hashanah	27 Main Entrée Nachoboli Side Choices Green Beans Fruited Jello	World School Milk Day 28 Main Entrée All Chicken Burger Patty & Emojis Side Choices Whole Grain or GF Bun Seasoned Broccoli Mandarin Oranges	29 Main Entrée Turkey Stuffing Bowl Side Choices Sweet Corn Diced Pears	30 Main Entrée Spaghetti & Beef Meatballs Side Choices Garlic Knot Whole Grain or GF Bun Zesty Garden Pasta Salad Mango Peach Slush
Alternate Entrées PB&J or WoWich Toasted Cheese	Alternate Entrées PB&J or WoWich Cheese Quesadilla	Alternate Entrées PB&J or WoWich Chicken Wrap or Pizza Kit	Alternate Entrées Toasted Cheese Fresh Made Salad	Alternate Entrées PB&J or WoWich Deli Sandwich

DID YOU KNOW...

Fuel up to learn!
All students can take up to two fruit servings and two vegetable servings!



HARVEST OF THE MONTH

Peppers

Peppers are a great source of vitamin C, vitamin A, and carotenoids! Paprika is made from dried and ground red peppers.

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- Contains Fish
- Local Skim & 1% Milk
- Contains Pork
- Fresh Fruit & Veggies Daily
- Gluten Free

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