



# PSA Dining Menu | September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Salad Bar Mon-Fri Lunch &amp; Dinner</b></p> <p><b>Hot Bar offered Mon-Fri Lunch only</b></p> <p><b>9/4 No School</b> <b>9/6 Reverse ½ day</b> <b>9/13 Reverse ½ day</b></p>					<p>1 <b>Breakfast</b>-Egg &amp; cheese wraps, homefries, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Assorted pizza, ½ sandwiches</p> <p><b>Dinner</b>-Meat &amp; cheese lasagna, garlic breadsticks</p>	<p>2 <b>Brunch</b>-Croissant egg sandwiches, hash brown patties, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Meatball subs w/fries</p>
<p>3 <b>Brunch</b>-Scrambled eggs, turkey sausage, homefries, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Chicken stir fry over rice</p>	<p>4 <b>Breakfast</b>-Plain or blueberry pancakes, sausage, homefries, fried eggs, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Rigatoni w/meat sauce &amp; garlic toast</p>	<p>5 <b>Breakfast</b>-Veggie or bacon and cheese egg scrambles, fried hash browns, english muffins, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Chicken quesadillas, rice &amp; beans</p> <p><b>Dinner</b>-Teriyaki chicken, mashed potatoes &amp; carrots</p>	<p>6 <b>Breakfast</b>-Cheese omelettes, bacon, hash brown patties, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Hamburgers w/ chips</p>	<p>7 <b>Breakfast</b>-Assorted frittatas, homefries, raisin toast, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>- BBQ pulled pork or chicken sandwiches, sweet potato fries</p> <p><b>Dinner</b>-Sweet &amp; sour chicken over rice, cali blend veg</p>	<p>8 <b>Breakfast</b>-Croissant egg sandwiches, homefries</p> <p><b>Lunch</b>-Assorted pizza, ½ sandwiches</p> <p><b>Dinner</b>-Baked ziti, green beans, garlic bread</p>	<p>9 <b>Brunch</b>-French toast sticks, scrambled eggs, sausage, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Cheeseburger macaroni, asparagus, garlic knots</p>
<p>10 <b>Brunch</b>-Egg &amp; cheese wraps, hash browns, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Sweet chili chicken, rice &amp; broccoli</p>	<p>11 <b>Breakfast</b>-Fried eggs, waffles, bacon, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Assorted ½ sandwiches and soup</p> <p><b>Dinner</b>-Shepherd's pie w/dinner rolls</p>	<p>12 <b>Breakfast</b>-French toast, sausage, scrambled eggs, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Chicken or beef fajitas w/rice</p> <p><b>Dinner</b>-Mac &amp; cheese bar</p>	<p>13 <b>Breakfast</b>-Pancakes, hash brown patties, assorted frittatas, corned beef hash, turkey sausage, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Chicken wings, scalloped potatoes, veg</p>	<p>14 <b>Breakfast</b>-Assorted pmelettes, homefries, french toast sticks</p> <p><b>Lunch</b>- Fried chicken sandwich, tater tots</p> <p><b>Dinner</b>-General tso chicken over rice, corn</p>	<p>15 <b>Breakfast</b>-Assorted scramblers, bacon, raisin toast, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Assorted pizza &amp; ½ sandwiches</p> <p><b>Dinner</b>-Chicken parmesan over pasta, garlic toast</p>	<p>16 <b>Brunch</b>-Waffles, turkey sausage, scrambled eggs, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-BBQ chicken thighs, mashed potato, &amp; peas</p>
<p>17 <b>Brunch</b>-Croissant egg sandwiches, homefries, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Chicken broccoli alfredo garlic toast</p>	<p>18 <b>Breakfast</b>-Fried eggs, pancakes, sausage, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Honey mustard chicken wraps, chips</p> <p><b>Dinner</b>-Sweet chili chicken tips, mashed potatoes &amp; corn</p>	<p>19 <b>Breakfast</b>-French toast, scrambled eggs, hash browns, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Build your own nachos</p> <p><b>Dinner</b>-Chicken enchiladas over rice</p>	<p>20 <b>Breakfast</b>-French toast sticks, sausage, homefries, egg frittata, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Beef &amp; broccoli over rice</p>	<p>21 <b>Breakfast</b>-Assorted omelettes, homefries, raisin toast, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Grilled cheese &amp; tomato soup</p> <p><b>Dinner</b>-Pulled chicken, baked beans &amp; carrots</p>	<p>22 <b>Breakfast</b>-Assorted scramblers, fried hash browns english muffins</p> <p><b>Lunch</b>-Assorted pizza &amp; ½ sandwiches</p> <p><b>Dinner</b>-American chop suey, garlic bread</p>	<p>23 <b>Brunch</b>-Waffles, scrambled eggs, turkey sausage, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Caesar chicken over egg noodles, w/cauliflower</p>
<p>24 <b>Brunch</b>-Turkey egg &amp; cheese croissant sandwiches hash browns, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Turkey dinner, mashed potatoes, stuffing</p>	<p>25 <b>Breakfast</b>-Scrambled eggs, chocolate chip pancakes, bacon, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Chicken caesar wraps chips</p> <p><b>Dinner</b>-Make your own protein bows</p>	<p>26 <b>Breakfast</b>-French toast, fried eggs, hash browns, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Build your own burritos, rice &amp; beans</p> <p><b>Dinner</b>-Swedish meatballs over egg noodle, carrots</p>	<p>27 <b>Breakfast</b>-Assorted scramblers, sausage, english muffins, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Lo mein bar</p> <p><b>Dinner</b>-Turkey or beef meatloaf, au gratin potatoes, green beans</p>	<p>28 <b>Breakfast</b>-Egg frittatas, oatmeal, hash brown patties, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Fish sandwiches w/onion rings</p> <p><b>Dinner</b>-Stuffed chicken, mashed potatoes, brussel sprouts</p>	<p>29 <b>Breakfast</b>-Scrambled eggs, homefries, raisin toast, fresh fruit &amp; yogurt</p> <p><b>Lunch</b>-Assorted pizza, ½ sandwiches</p> <p><b>Dinner</b>-Spaghetti &amp; meatballs, garlic knots</p>	<p>30 <b>Brunch</b>-Croissant egg sandwiches, fried hash browns, fresh fruit &amp; yogurt</p> <p><b>Dinner</b>-Fried chicken, cornbread, veg</p>