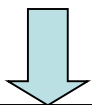
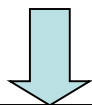


Tredyffrin Easttown School District Valley Forge Middle School Menu

<p>Sept. 1</p> <p style="font-size: 1.5em; font-weight: bold;">No School Labor Day Celebration</p>	<p>Sept. 2</p> <p>Popcorn Chicken w/ dipping sauce</p> <p>Roll Broccoli w/ dip Applesauce Milk Selection</p>	<p>Sept. 3</p> <p>Soft Shell Taco</p> <p>Lettuce, Tomato, Cheese Black Bean Salsa Carrot Sticks Fresh Grapes Milk Selection</p>	<p>Sept. 4</p> <p>Pasta w/ Meatsauce</p> <p>Breadstick Caesar Salad Pears Milk Selection</p>	<p>Sept. 5</p> <p>Cheesesteak</p> <p>Green Beans Tossed salad Orange Smiles Milk Selection</p>
<p>Sept. 8</p> <p>French Toast Sticks, Sausage and Syrup</p> <p>Hashbrown Pears Sliced Cucumber Milk Selection</p>	<p>Sept. 9</p> <p>Meatball Sand.</p> <p>Potato Wedges Broccoli w/ Dip Applesauce Milk Selection</p>	<p>Sept. 10</p> <p>Spicy Chicken Fingers</p> <p>Baked Beans Peaches Dinner Roll Milk Selection</p>	<p>Sept. 11</p> <p>Nachos w/ Beef and Cheese</p> <p>Lettuce, Tomato, Cheese Carrot Sticks Mixed Fruit Milk Selection</p>	<p>Sept. 12</p> <p>Popcorn Chciekn</p> <p>Green Beans Tossed Salad Fresh Fruit Selection Cherry Jello Milk Selection</p>
<p>Sept. 15</p> <p>Corn Dog</p> <p>Chicken Noodle Soup French Fries Peas Apple Wedges Milk Selection</p>	<p>Sept. 16</p> <p>Chicken Nuggets</p> <p>Tator Tots Apple Wedges Milk Selection</p>	<p>Sept. 17</p> <p>Hoagie Selection</p> <p>Baby Carrots Broccoli w/ Dip Fresh Fruit Selection Milk Selection Milk</p>	<p>Sept. 18</p> <p>Soft Shell Taco</p> <p>Lettuce, Tomato, Cheese Black Bean Salsa Carrot Sticks Fresh Grapes Milk Selection</p>	<p>Sept. 19</p> <p>Pizza Dippers w/ Marinara</p> <p>Green Beans Tossed Salad Apple Slices Milk Selection</p>
<p>Sept. 22</p> <p>Popcorn Chicken</p> <p>Mashed Potatoes Carrot Sticks Mixed Fruit Milk Selection</p>	<p>Sept. 23</p> <p>Cheesesteak Sand.</p> <p>Potato Wedges Broccoli w/ Cheese sauce Applesauce Milk Selection</p>	<p>Sept. 24</p> <p>Toasted Cheese Sand.</p> <p>Tomato Soup Sliced Cucumbers Orange Smiles Milk Selection</p>	<p>Sept. 25</p> <p style="font-size: 1.5em; font-weight: bold;">No School</p>	<p>Sept. 26</p> <p>Chicken Cordon Bleu Sand (Chicken Ham and Cheese).</p> <p>Pears Baby Carrots Sliced Cucumbers Milk Selection</p>



Offered Daily



<p>Monday</p> <p>Chicken Patty Sand. Cheeseburger Salad Bar Mickey's Pizza Selection PB&J</p>	<p>Tuesday</p> <p>Chicken Patty Sand. Cheeseburger Buffalo Chicken Wrap Salad Bar Mickey's Pizza Selection PB&J</p>	<p>Wednesday</p> <p>Chicken Patty Sand. BBQ Pork Rib Sand. Cheeseburger Salad Bar Mickey's Pizza PB&J</p>	<p>Thursday</p> <p>Chicken Patty Sand Cheeseburger Turkey and Bacon Wrap Salad Bar Mickey's Pizza Selection PB&J</p>	<p>Friday</p> <p>Chicken Patty Sand. Cheeseburger Salad Bar Mickey's Pizza Selection PB&J</p>
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Middle School Breakfast Meal \$1.45

Four Items:
1. Bread 2. Protein 3. Fruit 4. Milk
You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit and one milk.
Choose One Entrée
(Bread), (Protein)
Bagel Lg Muffin 1 Cereal & 1 Sm Muffin
French Toast Sticks & Sausage
Choose One Fruit
(Fruit)
Fresh Fruit 4oz 100% Fruit Juice
Choose One
(8oz Milk)

Middle School Lunch Meal \$2.95

Five Items:
1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk
You may take all five items, but must take at least three items, with one of the three items being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).
Choose One Entree:
(Protein, Bread)
Choose up to Three:
(choose 1 Fruit & up to 2 Vegetables)
Choose One:
(1% white, skim white & non-fat chocolate milk)

CAFETERIA ACCOUNT
Please include your child's name and pin # with all pre-payments. You may also pay online at www.paypams.com. FREE registration (\$1.95 fee for online deposits)

Notes about our Menu
 Milk is available with each meal: 1% White, Non-Fat White or Non-Fat Chocolate
 A minimum of 1 Fresh Fruit & 1 Fresh Veg are available with each meal, as well as 4oz Apple and Grape Juice