

Plano Independent School District
 Food and Nutritional Services
 Summer Food Service Program Menus - 2019
Plano Academy of Learning (PAL)
Forman, Mendenhall, Sigler Elementary Schools
May 28th - June 26th, 2019

Adult Breakfast Price: \$2.25				
Adult Lunch Price: \$3.75				
Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cinnamon Toast Crunch</i>	<i>Pancake on a Stick</i>	<i>Cinnamon Toast Crunch</i>	<i>Pancake on a Stick</i>	<i>Sausage Biscuit Sandwich</i>
<i>Apple Juice</i>	<i>Strawberry Cup</i>	<i>Apple Juice</i>	<i>Pear Cup</i>	<i>Applesauce Cup</i>
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
<i>(1% Unflavored or Fat Free Chocolate)</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Syrup</i>	<i>(1% Unflavored or Fat Free Chocolate)</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Syrup</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Pepper Gravy, Jelly</i>

Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Nuggets/Biscuit</i>	<i>Hamburger on Bun</i>	<i>Cheesy French Pizza</i>	<i>Breaded Chicken Sandwich</i>	<i>Corn Dog</i>
<i>Mashed Potatoes</i>	<i>Oven Baked Fries</i>	<i>Baby Carrots</i>	<i>Seasoned Corn</i>	<i>Seasoned Wedges</i>
<i>Peach Cup</i>	<i>Fresh Orange Wedges</i>	<i>Pear Cup</i>	<i>Apple Slices</i>	<i>Watermelon/Grapes</i>
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Ketchup, Pepper Gravy</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Ketchup, Mustard</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Ranch</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Ketchup, Mustard</i>	<i>(1% Unflavored or Fat Free Chocolate)</i> <i>Ketchup, Mustard</i>

*Daily Alternate Entrée: Grilled Cheese Sandwich

*Menu Subject to Change Based on Availability

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.