



# Middle School Lunch Menu

April 2022

Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose ½ cup of fruit and/or veggie.

Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.

**We are looking for Cafeteria Workers!**  
Please contact Food Service @ 724-941-6251 x 7226

**1**  
**Cheesy Calzone \*V \*SC**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick  
100% Beef Hot Dog  
  
-----**Side Items**-----  
Steamed Broccoli, Baby Carrots  
Seasonal Fresh Fruit

**4**  
**American Grilled Cheese on Texas Toast \*V \*SC**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**5**  
**Ground Beef Walking Taco \*SC**  
White Pizza \*V  
Flatbread Pizza Kit  
  
-----**Side Items**-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**6**  
**Fluffy Waffles & Cheese Egg Omelet**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**7**  
**Grilled Chicken & Gravy over Biscuit**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V  
  
-----**Side Items**-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**8**  
**Cheese Filled Breadsticks & Marinara \*V**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick  
100% Beef Hot Dog  
  
-----**Side Items**-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**11**  
Spring Break  
  
NO SCHOOL

**12**  
Spring Break  
  
NO SCHOOL

**13**  
Spring Break  
  
NO SCHOOL

**14**  
Spring Break  
  
NO SCHOOL

**15**  
Spring Break  
  
NO SCHOOL

**18**  
**Breaded Chicken Boneless Wings**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**19**  
**Shredded Pork Nachos**  
White Pizza \*V  
Flatbread Pizza Kit  
  
-----**Side Items**-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**20**  
**Pancakes & Turkey Sausage Links**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**21**  
**Macaroni & Cheese \*V \*SC**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V  
  
-----**Side Items**-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**22**  
**Philly Cheesesteak**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick  
100% Beef Hot Dog  
  
-----**Side Items**-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**25**  
**Double Stacked 100% Beef Cheeseburger**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**26**  
**Ground Beef Walking Taco \*SC**  
White Pizza \*V  
Flatbread Pizza Kit  
  
-----**Side Items**-----  
Sweet Corn, Baby Carrots  
Seasonal Fresh Fruit

**27**  
**French Toast Sticks & Turkey Sausage Links**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll  
Spicy Chicken Sandwich  
  
-----**Side Items**-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**28**  
**Pasta Bar with Marinara/Alfredo & Meatballs/Grilled Chicken**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V  
  
-----**Side Items**-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**29**  
**Cheese Filled Breadsticks & Marinara \*V**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick  
100% Beef Hot Dog  
  
-----**Side Items**-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**Offered Daily**

**Grill Line:** Crispy Chicken Breast, 100% Beef Burger, Black Bean Burger \*V, Chicken Nuggets  
**Pizza Line:** Cheese Pizza \*V, Pepperoni Pizza  
**Deli Line:** Made-to-Order Subs, Wraps, Salads  
**All Lines:** Seasonal Fresh Fruit & Vegetables

**A Lunch Meal is complimentary in the school day.**

Second Lunch Meal: \$2.45

**Offered Daily with Lunch Meal:**

100% Juice, Skim White, Skim Chocolate and 1% White

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

This institution is an equal opportunity provider.

\*Gluten-Free meals available upon request.



For more detailed nutritional information, please visit: [ptsdk12pa.nutrislice.com/menu](https://ptsdk12pa.nutrislice.com/menu)