



Middle School Lunch Menu

December 2021

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.

All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

1
Pancakes & Turkey Sausage Links
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Tater Tots, Cucumber Slices
Seasonal Fresh Fruit

2
Macaroni & Cheese *V
Meat Lover's Pizza
Hummus & Veggie Plate with Tortilla Chips *V

-----Side Items-----
Garden Salad, Grape Tomatoes
Seasonal Fresh Fruit

3
Hot Turkey Sandwich *SC
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

6
100% Beef Meatball Sub
Sausage Pizza
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

7
Ground Beef Walking Taco *SC
White Pizza *V
Flatbread Pizza Kit

-----Side Items-----
Sweet Corn, Baby Carrots
Seasonal Fresh Fruit

8
French Toast Sticks & Turkey Sausage Links
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Tater Tots, Cucumber Slices
Seasonal Fresh Fruit

9
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

10
Cheese Filled Breadsticks & Marinara *V
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

13
Popcorn Chicken Mashed Potato Bowl
Sausage Pizza
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Sweet Corn, Bell Peppers
Seasonal Fresh Fruit

14
Chicken Soft Tacos
White Pizza *V
Flatbread Pizza Kit

-----Side Items-----
Black Beans, Baby Carrots
Seasonal Fresh Fruit

15
Cheesy Calzone *SC
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Tater Tots, Cucumber Slices
Seasonal Fresh Fruit

16
Gourmet Ham with Roasted Red Skinned Potatoes & Roll *SC
Meat Lover's Pizza
Hummus & Veggie Plate with Tortilla Chips *V

-----Side Items-----
Green Peas, Grape Tomatoes
Seasonal Fresh Fruit

17
General Tso's Chicken & Brown Rice
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Steamed Broccoli, Baby Carrots
Seasonal Fresh Fruit

20
American Grilled Cheese *V
Sausage Pizza
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

21
Ground Beef Walking Taco *SC
White Pizza *V
Flatbread Pizza Kit

-----Side Items-----
Black Beans, Baby Carrots
Seasonal Fresh Fruit

22
Fluffy Waffles & Cheddar Scrambled Eggs *SC
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Tater Tots, Cucumber Slices
Seasonal Fresh Fruit

23
Winter Break

NO SCHOOL

24
Winter Break

NO SCHOOL

27
Winter Break

NO SCHOOL

28
Winter Break

NO SCHOOL

29
Winter Break

NO SCHOOL

30
Winter Break

NO SCHOOL

31
Winter Break

NO SCHOOL

Offered Daily

Grill Line: Breaded Chicken Breast, Spicy Breaded 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.

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

For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu

