



# Middle School Lunch Menu

## February 2023

Regular Lunch Price: \$2.85 (Main Line, Grill Line, Grab N Go)

Premium Lunch Price: \$4.00 (MTO Deli Line, MTO Salad Line, Pizza Line)

**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.**

**1**

**Baked Russet Potato Bar**  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Taco Salad  
 Honey Ham & Cheese Sub

-----**Side Items**-----  
 Dinner Roll  
 Seasonal Fresh Fruit

**2**

**Breaded Chicken Parmesan over Spaghetti\*SC**  
 100% Beef Hot Dog  
 Honey Ham & Cheese Oven-Fired Flatbread Kit  
 Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----**Side Items**-----  
 Green Peas  
 Seasonal Fresh Fruit

**3**

**General Tso's Chicken/Brown Rice White Pizza\*V**  
 Golden Crispy Chicken Nuggets With Roll  
 Grilled Chicken, Feta Cheese, And Berry Salad  
 Breaded Chicken and Cheese Snack Wraps

-----**Side Items**-----  
 Steamed Broccoli  
 Seasonal Fresh Fruit

**6**

**American Grilled Cheese\*V**  
 White Pizza\*V  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Caesar Salad  
 Italian Style Sub

-----**Side Items**-----  
 Tomato Soup  
 Seasonal Fresh Fruit

**7**

**100% Beef Walking Taco\*SC**  
 100% Beef Bacon Cheeseburger  
 Roasted Turkey & Cheese Sub  
 Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----  
 Black Beans  
 Seasonal Fresh Fruit

**8**

**Waffles & Egg Omelet**  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Taco Salad  
 Honey Ham & Cheese Sub

-----**Side Items**-----  
 Smiley Fries  
 Seasonal Fresh Fruit

**9**

**BBQ Pork McRib Sandwich**  
 100% Beef Hot Dog  
 Honey Ham & Cheese Oven-Fired Flatbread Kit  
 Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----**Side Items**-----  
 Green Beans  
 Seasonal Fresh Fruit

**10**

**Beef & Cheese Potato Bowl\*SC**  
 White Pizza\*V  
 Golden Crispy Chicken Nuggets With Roll  
 Grilled Chicken, Feta Cheese, And Berry Salad  
 Breaded Chicken and Cheese Snack Wraps

-----**Side Items**-----  
 WG Soft Pretzel  
 Seasonal Fresh Fruit

**13**

**Breaded Chicken Mashed Potato Bowl**  
 White Pizza\*V  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Caesar Salad  
 Italian Style Sub

-----**Side Items**-----  
 Breadstick  
 Seasonal Fresh Fruit

**14**

**Cheesy Quesadilla\*V**  
 100% Beef Bacon Cheeseburger  
 Roasted Turkey & Cheese Sub  
 Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----  
 Pinto Beans  
 Seasonal Fresh Fruit

**15**

**Sausage, Egg, and Cheese Bagel Melt**  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Taco Salad  
 Honey Ham & Cheese Sub

-----**Side Items**-----  
 Smiley Fries  
 Seasonal Fresh Fruit

**16**

**Penne Pasta with Marinara/ Alfredo Sauce and Beef Meatballs/Grilled Chicken\*SC**  
 100% Beef Hot Dog  
 Honey Ham & Cheese Oven-Fired Flatbread Kit  
 Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----**Side Items**-----  
 Spinach Salad with Oranges  
 Seasonal Fresh Fruit

**17**

**NO SCHOOL**

**Faculty Inservice**

**20**

**NO SCHOOL**

**President's Day**

**21**

**Cheddar Cheese Oven-Fired Flatbread Melt\*V**  
 100% Beef Bacon Cheeseburger  
 Roasted Turkey & Cheese Sub  
 Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----  
 Smiley Fries  
 Seasonal Fresh Fruit

**22**

**Pancakes & Turkey Sausage Links**  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Taco Salad  
 Honey Ham & Cheese Sub

-----**Side Items**-----  
 Hash Brown  
 Seasonal Fresh Fruit

**23**

**Macaroni & Cheese with Breaded Fish Sticks\*SC**  
 100% Beef Hot Dog  
 Honey Ham & Cheese Oven-Fired Flatbread Kit  
 Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----**Side Items**-----  
 Spinach Salad with Oranges  
 Seasonal Fresh Fruit

**24**

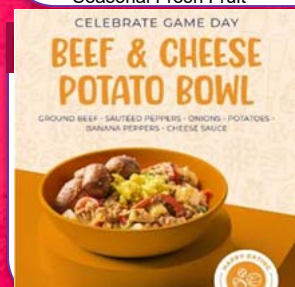
**Pot Roast & Mashed Potatoes**  
 White Pizza\*V  
 Golden Crispy Chicken Nuggets With Roll  
 Grilled Chicken, Feta Cheese, And Berry Salad  
 Breaded Chicken and Cheese Snack Wraps

-----**Side Items**-----  
 Green Beans  
 Seasonal Fresh Fruit

**27**

**100% Beef Meatball Sub**  
 White Pizza\*V  
 Spicy Crispy Chicken Sandwich  
 Grilled Chicken Caesar Salad  
 Italian Style Sub

-----**Side Items**-----  
 Baked Beans  
 Seasonal Fresh Fruit

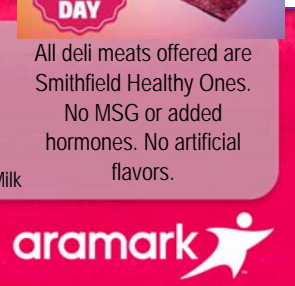


**28**

**100% Beef Nachos Grande\*SC**  
 100% Beef Bacon Cheeseburger  
 Roasted Turkey & Cheese Sub  
 Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----  
 Sweet Corn  
 Seasonal Fresh Fruit

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



**Offered Daily**

Grill Line: Crispy Chicken Breast, 100% Beef Burger, Black Bean Burger \*V  
 Pizza Line: Cheese Pizza \*V, Pepperoni Pizza  
 Deli Line: Currently Closed

**Cold Vegetable Choices Include:**  
 Monday: Baby Carrots/Broccoli Florets  
 Tuesday: Broccoli Florets/ Red Pepper Strips  
 Wednesday: Baby Carrots/ Cucumbers  
 Thursday: Celery Sticks/ Grape Tomatoes  
 Friday: Baby Carrots/ Cucumbers

**Other Daily Options:**  
 Oven-Fired Flatbread Pizza Kit\*V  
 Fresh Fruit & Yogurt Parfaits\*V  
 SunButter & Jelly Sandwich\*V  
**Offered Daily with Lunch Meal:**  
 100% Juice, Skim White, Skim Chocolate and 1% White Milk

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