



Middle School Lunch Menu

May 2022

2

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

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

3

Chicken Soft Tacos *SC
White Pizza *V
Flatbread Pizza Kit

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

4

Cheese Calzone *SC
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll
Spicy Chicken Sandwich

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

5

Chicken Parmesan over Spaghetti *SC
Meat Lover's Pizza
Hummus & Veggie Plate with Tortilla Chips *V

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

6

General Tso's Chicken & Brown Rice
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick
100% Beef Hot Dog

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

9

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

10

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

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

11

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

12

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

13

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

16

Grilled Chicken Sandwich on Pretzel Bun
Sausage Pizza
Grilled Chicken Caesar Salad & Breadstick
Spicy Chicken Sandwich

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

17

Chicken & Cheese Quesadilla
White Pizza *V
Flatbread Pizza Kit

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

18

Sausage, Egg & Cheese Bagel Melt
Buffalo Chicken Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll
Spicy Chicken Sandwich

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

19

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

20

Corn Dogs
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick
100% Beef Hot Dog

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

23

Breaded Chicken Boneless Wings
Sausage Pizza
Grilled Chicken Caesar Salad & Breadstick
Spicy Chicken Sandwich

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

24

Shredded Pork Nachos
White Pizza *V
Flatbread Pizza Kit

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

25

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

26

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

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

27

Philly Cheesesteak
Vegetable Pizza *V
Chicken, Feta & Berry Salad & Breadstick
100% Beef Hot Dog

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

30

Memorial Day

NO SCHOOL

31

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

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

32

NO SCHOOL

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

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.

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

