



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

# Middle School Lunch Menu

## May 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)

1

### BBQ Chicken Tender Sub Melt

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

#### Side Items

Smiley Fries  
Seasonal Fresh Fruit

2

### Pulled Pork Nachos

100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Muffin/String Cheese/Yogurt Pack

#### Side Items

Black Beans  
Seasonal Fresh Fruit

3

### Pancakes\*V & Turkey Sausage Links

Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

#### Side Items

Smiley Fries  
Seasonal Fresh Fruit

4

### Macaroni & Cheese w/ Fish Sticks

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

#### Side Items

Garden Salad  
Seasonal Fresh Fruit

5

### School Lunch Hero Day

#### Breaded Chicken & Waffle Nachos

White Pizza\*V  
Golden Crispy Chicken Nuggets  
With Roll  
Grilled Chicken, Feta Cheese,  
And Berry Salad  
Breaded Chicken Snack Wraps

#### Side Items

Sweet Corn  
Seasonal Fresh Fruit

8

### 100% Beef Meatball Sub

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

#### Side Items

Green Beans  
Seasonal Fresh Fruit

9

### 100% Beef Nachos Grande\*SC

100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Muffin/String Cheese/Yogurt Pack

#### Side Items

Black Beans  
Seasonal Fresh Fruit

10

### French Toast Sticks\*V & Turkey Sausage Links

Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

#### Side Items

Smiley Fries  
Seasonal Fresh Fruit

11

### Grilled Chicken with Gravy over a Biscuit

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

#### Side Items

Mashed Potatoes  
Seasonal Fresh Fruit

12

### Cheese Stuffed Breadsticks & Marinara Sauce\*V

White Pizza\*V  
Golden Crispy Chicken Nuggets  
With Roll  
Grilled Chicken, Feta Cheese,  
And Berry Salad  
Breaded Chicken Snack Wraps

#### Side Items

Sliced Carrots  
Seasonal Fresh Fruit

15

### Popcorn Chicken Mashed Potato Bowl

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

#### Side Items

Breadstick  
Seasonal Fresh Fruit

16

### Chicken Fajitas with Roasted Veggies\*SC

100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Muffin/String Cheese/Yogurt Pack

#### Side Items

Black Beans  
Seasonal Fresh Fruit

17

### Baked Russet Potato Bar

Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

#### Side Items

Dinner Roll  
Seasonal Fresh Fruit

18

### Breaded Chicken Parmesan over Spaghetti\*SC

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

#### Side Items

Green Peas  
Seasonal Fresh Fruit

19

### General Tso's Chicken with Brown Rice

White Pizza\*V  
Golden Crispy Chicken Nuggets  
With Roll  
Grilled Chicken, Feta Cheese,  
And Berry Salad  
Breaded Chicken Snack Wraps

#### Side Items

Steamed Broccoli  
Seasonal Fresh Fruit

22

### 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

23

### 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

24

### Waffles & Egg Omelet

Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

#### Side Items

Smiley Fries  
Seasonal Fresh Fruit

25

### 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

26

### Pineapple Chicken Bowl\*SC

White Pizza\*V  
Golden Crispy Chicken Nuggets  
With Roll  
Grilled Chicken, Feta Cheese,  
And Berry Salad  
Breaded Chicken Snack Wraps

#### Side Items

Sweet Corn  
Seasonal Fresh Fruit

29

NO SCHOOL  
Memorial Day

30

### Cheese Quesadilla\*V

100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Muffin/String Cheese/Yogurt Pack

#### Side Items

Pinto Beans  
Seasonal Fresh Fruit

31

### 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



### Please note new Sesame Flour Allergen Alert

Two Companies have recently changed their recipes to include Sesame flour. This impacts our hamburger buns, hot dog buns, hoagie buns and flatbread. As well as the pizza dough at Middle School and High School.

### 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\*SC  
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.

This institution is an equal opportunity provider.

\*Gluten-Free meals available upon request.

\*SC - Made from scratch \*V - Vegetarian

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

