



Middle School Lunch Menu

November 2021

<p>1</p> <p>Parent Conferences</p> <p>NO SCHOOL</p>	<p>2</p> <p>Ground Beef Walking Taco *SC White Pizza *V Egg, Fruit & Cheese Plate with Crackers*V</p> <p>-----Side Items----- Sweet Corn, Fresh Broccoli Seasonal Fresh Fruit</p>	<p>3</p> <p>French Toast Sticks & Turkey Sausage Links Buffalo Chicken Pizza Oven Roasted Turkey Chef Salad & Dinner Roll</p> <p>-----Side Items----- Tater Tots, Cucumber Slices Seasonal Fresh Fruit</p>	<p>4</p> <p>Pasta Bar with Marinara/Alfredo & Meatballs/Grilled Chicken Meat Lover's Pizza Hummus & Veggie Plate with Oven-Fired Flatbread *V</p> <p>-----Side Items----- Garden Salad, Grape Tomatoes Seasonal Fresh Fruit</p>	<p>5</p> <p>Cheese Filled Breadsticks & Marinara *V Vegetable Pizza *V Chicken, Feta & Berry Salad & Breadstick</p> <p>-----Side Items----- Smiley Fries, Baby Carrots Seasonal Fresh Fruit</p>
<p>8</p> <p>Popcorn Chicken Mashed Potato Bowl Sausage Pizza Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Sweet Corn, Bell Peppers Seasonal Fresh Fruit</p>	<p>9</p> <p>Chicken Soft Tacos White Pizza *V Egg, Fruit & Cheese Plate with Crackers*V</p> <p>-----Side Items----- Black Beans, Fresh Broccoli Seasonal Fresh Fruit</p>	<p>10</p> <p>Cheesy Calzone Buffalo Chicken Pizza Oven Roasted Turkey Chef Salad & Dinner Roll</p> <p>-----Side Items----- Tater Tots, Cucumber Slices Seasonal Fresh Fruit</p>	<p>11</p> <p>Grilled Chicken Parmesan over Spaghetti *SC Meat Lover's Pizza Hummus & Veggie Plate with Oven-Fired Flatbread *V</p> <p>-----Side Items----- Green Peas, Grape Tomatoes Seasonal Fresh Fruit</p>	<p>12</p> <p>General Tso's Chicken & Brown Rice Vegetable Pizza *V Chicken, Feta & Berry Salad & Breadstick</p> <p>-----Side Items----- Steamed Broccoli, Baby Carrots Seasonal Fresh Fruit</p>
<p>15</p> <p>American Grilled Cheese *V Sausage Pizza Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p>	<p>16</p> <p>Ground Beef Walking Taco *SC White Pizza *V Egg, Fruit & Cheese Plate with Crackers*V</p> <p>-----Side Items----- Black Beans, Fresh Broccoli Seasonal Fresh Fruit</p>	<p>17</p> <p>Fluffy Waffles & Cheddar Scrambled Eggs *SC Buffalo Chicken Pizza Oven Roasted Turkey Chef Salad & Dinner Roll</p> <p>-----Side Items----- Tater Tots, Cucumber Slices Seasonal Fresh Fruit</p>	<p>18</p>  <p>Oven Roasted Turkey & Mashed Potatoes with Roll Meat Lover's Pizza Hummus & Veggie Plate with Oven-Fired Flatbread *V</p> <p>-----Side Items----- Garden Salad, Grape Tomatoes Seasonal Fresh Fruit</p>	<p>19</p> <p>Cheese Filled Breadsticks & Marinara *V Vegetable Pizza *V Chicken, Feta & Berry Salad & Breadstick</p> <p>-----Side Items----- Smiley Fries, Baby Carrots Seasonal Fresh Fruit</p>
<p>22</p> <p>Grilled Honey Mustard Chicken Melt Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p>	<p>23</p> <p>Chicken & Cheese Quesadilla White Pizza *V Egg, Fruit & Cheese Plate with Crackers*V</p> <p>-----Side Items----- Sweet Corn, Fresh Broccoli Seasonal Fresh Fruit</p>	<p>24</p> <p>Inservice</p> <p>NO SCHOOL</p>	<p>25</p> <p>Thanksgiving Break</p> <p>NO SCHOOL</p>	<p>26</p> <p>Thanksgiving Break</p> <p>NO SCHOOL</p>
<p>29</p> <p>Breaded Chicken Boneless Wings Sausage Pizza Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p>	<p>30</p> <p>Shredded Pork Nachos White Pizza *V Egg, Fruit & Cheese Plate with Crackers*V</p> <p>-----Side Items----- Black Beans, Fresh Broccoli Seasonal Fresh Fruit</p>	<p>All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.</p>	<p>All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.</p>	<p>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.</p> <p>Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.</p> <p>Students will be charged a la carte if a reimbursable meal is not complete.</p>

Offered Daily

Grill Line: Breaded Chicken Breast, Spicy Breaded Chicken Breast, 100% Beef Burger, Black Bean Burger, Chicken Nuggets
Pizza Line: Cheese Pizza, 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

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

