



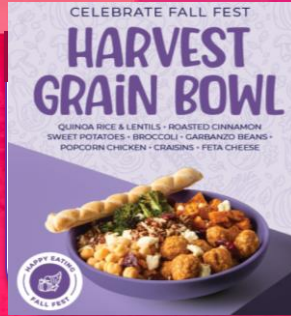
Middle School Lunch Menu

September 2022

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.

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



1
Macaroni & Cheese with Breaded Fish Sticks*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Humm & Veggie Plate with Oven Fired Flatbread*V
-----**Side Items**-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

2
100% Beef Philly Cheesesteak
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

5
NO SCHOOL

Labor Day

6
Pepper Steak Stir Fry*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad
-----**Side Items**-----
Sweet Corn
Seasonal Fresh Fruit

7
French Toast and Turkey Sausage Links
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub
-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

8
Penne Pasta with Marinara/Alfredo Sauce and Beef Meatballs/Grilled Chicken*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----**Side Items**-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

9
Cheese Stuffed Breadsticks & Marinara Sauce*V
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Breaded Chicken and Cheese Snack Wraps
-----**Side Items**-----
Sliced Carrots
Seasonal Fresh Fruit

12
Breaded Chicken Mashed Potato Bowl with Breadstick
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub
-----**Side Items**-----
Sweet Corn
Seasonal Fresh Fruit

13
Grilled Chicken Soft Tacos*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad
-----**Side Items**-----
Black Beans
Seasonal Fresh Fruit

14
Baked Russet Potato Bar
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub
-----**Side Items**-----
Dinner Roll
Seasonal Fresh Fruit

15
Breaded Chicken Parmesan over Spaghetti*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----**Side Items**-----
Green Peas
Seasonal Fresh Fruit

16
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 and Cheese Snack Wraps
-----**Side Items**-----
Steamed Broccoli
Seasonal Fresh Fruit

19
American Grilled Cheese on Texas Toast*V
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub
-----**Side Items**-----
Tomato Soup
Seasonal Fresh Fruit

20
100% Beef Walking Taco*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad
-----**Side Items**-----
Black Beans
Seasonal Fresh Fruit

21
Waffles and Egg Omelet*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub
-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

22
Crispy Chicken Lo Mein Bowl*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----**Side Items**-----
Green Beans
Seasonal Fresh Fruit

23
Harvest Grain Bowl
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

26
Breaded Chicken Mashed Potato Bowl with Breadstick
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub
-----**Side Items**-----
Sweet Corn
Seasonal Fresh Fruit

27
Grilled Chicken Ranch Club Oven-Fired Flatbread
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad
-----**Side Items**-----
Pinto Beans
Seasonal Fresh Fruit

28
Sausage, Egg & Cheese Bagel Melt
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub
-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

29
Penne Pasta with Marinara/Alfredo Sauce and Beef Meatballs/Grilled Chicken*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----**Side Items**-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

30
Orange Chicken with 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

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

Lunch Price: \$2.85 Regular \$4.00 Premium

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.

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

