



Middle School Lunch Menu

April 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)

3

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

4

Sliced Honey Ham & Dinner Roll
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Muffin/String Cheese/Yogurt Pack

-----Side Items-----
Scalloped Potatoes
Seasonal Fresh Fruit

5

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

6

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

7

NO SCHOOL
Spring Break

10

NO SCHOOL
Spring Break

11

NO SCHOOL
Spring Break

12

NO SCHOOL
Spring Break

13

NO SCHOOL
Spring Break

14

NO SCHOOL
Spring Break

17

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

18

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

19

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

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

20

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

21

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

-----Side Items-----
Flatbread
Seasonal Fresh Fruit

24

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

25

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

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

26

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

27

Penne Pasta with Marinara*V 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

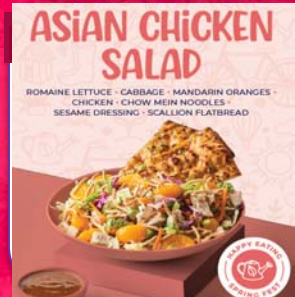
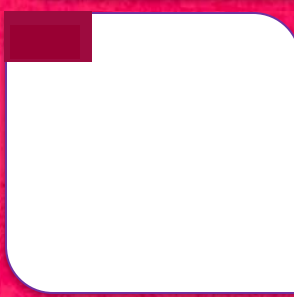
28

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



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



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
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

