



Middle School Lunch Menu

October 2021

All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

*V = Vegetarian
*SC = Made from Scratch

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

1
Cheese Filled Breadsticks & Marinara *V
Vegetable Pizza *V
Grilled Chicken Caesar Salad & Breadstick

-----**Side Items**-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

4
Popcorn Chicken Mashed Potato Bowl
Sausage Pizza
Chicken, Feta & Berry Salad & Breadstick

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

5
Beef Nachos *SC
Margherita Pizza *V
Egg, Fruit & Cheese Plate with Crackers*V

-----**Side Items**-----
Black Beans, Fresh Broccoli
Seasonal Fresh Fruit

6
Grilled Chicken Parmesan over Spaghetti *SC
Hawaiian Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----**Side Items**-----
Green Peas, Cucumber Slices
Seasonal Fresh Fruit

7
Chicken & Cheese Quesadilla
Meat Lover's Pizza
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----**Side Items**-----
Pinto Beans, Grape Tomatoes
Seasonal Fresh Fruit

8
Grilled Turkey Reuben
Vegetable Pizza *V
Grilled Chicken Caesar Salad & Breadstick

-----**Side Items**-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

11
American Grilled Cheese *V
Sausage Pizza
Chicken, Feta & Berry Salad & Breadstick

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

12
Bean & Cheese Mexican Spiced Rice Bowl *V
Margherita Pizza *V
Egg, Fruit & Cheese Plate with Crackers*V

-----**Side Items**-----
Black Beans, Fresh Broccoli
Seasonal Fresh Fruit

13
Fluffy Waffles & Cheddar Scrambled Eggs *SC
Hawaiian Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

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

14
Grilled Chicken Fajitas
Meat Lover's Pizza
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----**Side Items**-----
Refried Beans, Grape Tomatoes
Seasonal Fresh Fruit

15
Cheese Filled Breadsticks & Marinara *V
Vegetable Pizza *V
Grilled Chicken Caesar Salad & Breadstick

-----**Side Items**-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

18
Grilled Honey Mustard Chicken Melt
Sausage Pizza
Chicken, Feta & Berry Salad & Breadstick

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

19
Beef & Kickin' Bean Nachos *SC
Margherita Pizza *V
Egg, Fruit & Cheese Plate with Crackers*V

-----**Side Items**-----
Sweet Corn, Fresh Broccoli
Seasonal Fresh Fruit

20
Beef Meatballs over Penne Pasta *SC
Hawaiian Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

-----**Side Items**-----
Green Beans, Cucumber Slices
Seasonal Fresh Fruit

21
Shredded Pork Fajitas
Meat Lover's Pizza
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----**Side Items**-----
Pinto Beans, Grape Tomatoes
Seasonal Fresh Fruit

22
100% Beef Hot Dog
Vegetable Pizza *V
Grilled Chicken Caesar Salad & Breadstick

-----**Side Items**-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

25
Breaded Chicken Boneless Wings
Sausage Pizza
Chicken, Feta & Berry Salad & Breadstick

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

26
Shredded Pork Nachos
Margherita Pizza *V
Egg, Fruit & Cheese Plate with Crackers*V

-----**Side Items**-----
Black Beans, Fresh Broccoli
Seasonal Fresh Fruit

27
Pancakes & Turkey Sausage Links
Hawaiian Pizza
Oven Roasted Turkey Chef Salad & Dinner Roll

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

28
Ground Beef Soft Tacos *SC
Meat Lover's Pizza
Hummus & Veggie Plate with Over-Fired Flatbread *V

-----**Side Items**-----
Refried Beans, Grape Tomatoes
Seasonal Fresh Fruit

29
Inservice/Clerical

NO SCHOOL

Offered Daily

Grill Line: Breaded Chicken Breast, Spicy Breaded Chicken Breast, 100% Beef Burger, Black Bean Burger
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:
% Juice, Skim White, Skim Chocolate and 1% White Milk

This institution is an equal opportunity provider.

*Gluten-Free meals available upon request.

For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu

