



Middle School Lunch Menu

October 2022

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

Cheddar Cheese Oven-Fired Flatbread Melt*V
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub

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

4

Shredded Pork Nachos
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad

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

5

Pancakes & Turkey Sausage Links
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

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

6

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

7

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

10

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

11

100% Beef Taco Totcho Bowl*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad

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

12

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

13

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

14

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

17

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

18

Grilled Chicken Soft Tacos*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad

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

19

Baked Russet Potato Bar
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Dinner Roll
Seasonal Fresh Fruit

20

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

21

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

24

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

25

100% Beef Walking Taco*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Grilled Chicken Baja Salad

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

26

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

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

27

NO SCHOOL

Parent Conferences

28

NO SCHOOL

Inservice/Clerical

31 **Happy Halloween**

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



Look for whole apples or fresh bagged apple slices in the lines!



NATIONAL SCHOOL LUNCH WEEK
BEEF TACO TOTCHO BOWL
CRISPY TOTS • SEASONED BEEF • MELTY CHEDDAR CHEESE SAUCE • LETTUCE • PICO DE GALLO • PICKLED SALAD FERRO

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

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.

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

