

Peters Township High School

First Meal Free; Second Meal \$3.70

Line 1

PICK A BREAD

Sub Roll, Wrap, Flatbread

GET SOME PROTEIN

Ham, Turkey, Grilled Chicken, Chicken Salad or Tuna Salad

FIND SOME CHEESE

American, Cheddar, Swiss, Provolone, Pepper Jack

CUSTOMIZE

Lettuce, Tomato, Onions, Banana Peppers, Pickles, Cucumbers

ADD A SPREAD

Chipotle Mayo, Honey Mustard, Italian

MAKE IT A MEAL

Take a Fruit or Vegetable!



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

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Line 1



PICK YOUR LETTUCE

Chopped Romaine, Baby Spinach, Spring Mix

GET SOME PROTEIN

Grilled Chicken, Crispy Chicken, Ham, Turkey, Chicken Salad, Tuna Salad, Hard Boiled Eggs

FIND SOME CHEESE

Shredded Cheddar, Bleu Cheese Crumbles

CUSTOMIZE WITH VEGGIES

Bell Peppers, Shredded Carrots, Cucumbers, Chickpeas, Grape Tomatoes, Croutons

MAKE IT A MEAL

Take a Fruit or Vegetable!

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Line 2

PICK A BREAD

Hamburger Bun

GET SOME PROTEIN

Grilled Chicken, Crispy Chicken, Spicy Chicken, Beef Burger, Black Bean Burger

CUSTOMIZE

Lettuce, Tomato, Onions, Banana Peppers, Pickles

ADD A SPREAD

Chipotle Mayo, Sriracha, Honey Mustard, Ranch

MAKE IT A MEAL

Take a Fruit or Vegetable!



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

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Line 3



DAILY SPECIALS INCLUDE:

Cheese Pizza
Pepperoni Pizza

WEEKLY SPECIALS INCLUDE:

Monday: Sausage
Tuesday: Margherita
Wednesday: Hawaiian
Thursday: Meat Lover's
Friday: Vegetable

MAKE IT A MEAL

Take a Fruit or Vegetable!

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Line 4

TEST KITCHEN

FAVORITE WORLD FLAVORS

STATION FLAVORS:

Breakfast for Lunch
Asian
Italian
Mexican

MENU CHANGES WEEKLY!

MAKE IT YOUR WAY:

Pick Your Base
Fill it Up with Fresh Veggies & Protein
Customize Your Toppings
Dig In!



Per the USDA, a free meal must include at least 3 components.

Out of those 3 you must choose 1/2 cup of fruit and/or veggie.

Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.

Students will be charged a la carte if a reimbursable meal is not complete.

Assorted Seasonal Fresh Fruit & Vegetables available daily on all lines.

100% Juice, Skim White, Skim Chocolate and 1% White Milk available daily on all lines.

Vegetarian options available on all lines.

Gluten-Free meals available upon request.

For more detailed nutritional information, please visit: ptsdk12.nutrislice.com/menu

Menus are subject to change without notice