

# March 2019 High School Lunch Menu



Food Service Director: Brandi Culver  
bculver@gorockets.org 814-827-2715 x.1460

## The Grille

Grilled Chicken Sandwich  
Cheeseburger on a Bun  
Breaded Chicken Sandwich  
Spicy Chicken Sandwich

## The Garden

Grilled Chicken Sandwich  
Roast Turkey & Cheese Salad  
Chicken Caesar Salad  
Garden Salad with Cheese  
Chef Salad  
Breaded Chicken Salad

## The Pizzeria

Hot Buffalo Chicken Pizza  
Fiestada Pizza  
Pepperoni Pizza  
BBQ Ham Pizza  
Broccoli & Cheese Pizza

## Grab & Go

A wide variety of sandwiches, wraps, specialty salads are available daily!

## Options

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grains Available Daily</p> 	<p>Fresh Produce from Local Farms based on crop</p> 			<p>1 Beef Nachos with cheese, salsa &amp; bread Or Teriyaki Grilled Chicken on bun Romaine Salad Assorted Fruit Choice Milk Choice</p>
<p>4 Fiestada Pizza or Corn Dog Nuggets Glazed Carrots Assorted Fruit Choice Milk Choice</p>	<p>5 Brunch Lunch! Waffles with Syrup and sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit Choice Milk Choice</p>	<p>6 <b>Ash Wednesday</b> Pasta bowl w/breadstick Or Breaded Fish on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p>	<p>7 Chicken Fajita's Or Sloppy Joe on bun Steamed Mix Vegetables Assorted Fruit Choice Milk Choice</p>	<p>8 Grilled Cheese w/soup Or BBQ Pulled Pork on bun Steamed Peas Assorted Fruit Choice Milk Choice</p>
<p>11 <b>Hoagie Bar</b>-Cheesesteak or Chicken or Spicy Chicken Strips w/bread slice Steamed Green Beans Assorted Fruit Choice Milk Choice</p>	<p>12 Popcorn Chicken Bowl with bread slice or Deli Hoagie on bun Steamed Corn Assorted Fruit Choice Milk Choice</p> 	<p>13 <b>Pizza Hut Day</b> or Cook's Choice Mixed Vegetables Assorted Fruit Choice Milk Choice</p>	<p>14 <b>No School</b></p>	<p>15 <b>No School</b></p>
<p>18 Breaded Chicken Parmesan on bun or BBQ Pulled Pork on bun Glazed Carrots Assorted Fruit Choice Milk Choice</p>	<p>19 Brunch Lunch! French Toast with Syrup and sausage patties or Sloppy Joe on bun Oven Baked Tater Tots Assorted Fruit Choice Milk Choice</p>	<p>20 <b>1st Day of Spring</b> Chili Cheese Bowl w/rice &amp; dinner roll or Turkey &amp; Cheese on Pretzel Bun Steamed Green beans Assorted Fruit Choice Milk Choice <b>Springy Jello Cup</b></p>	<p>21 General Tso's over rice Or Hot Sicilian on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p>	<p>22 Macaroni &amp; Cheese w/roll or Hot Dogs on buns Steamed Peas Assorted Fruit Choice Milk Choice</p> 
<p>25 Fiestada Pizza Or Bacon Cheeseburger on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p> 	<p>26 Chicken Strips with bread slice or Meatball Hoagie on bun Sweet Potato Fries Assorted Fruit Choice Milk Choice</p>	<p>27 Popcorn Chicken Bowl with bread slice or Deli Hoagie on bun Steamed Corn Assorted Fruit Choice Milk Choice</p>	<p>28 Pepperoni Pinwheel w/sauce or Salisbury Steak in gravy with a roll Mixed Vegetables Assorted Fruit Choice Milk Choice</p>	<p>29 <b>Recipe of the Month</b> <b>Tuna Patty Melt</b> or Walking Taco with lettuce, cheese &amp; salsa Steamed Green Beans Assorted Fruit Choice Milk Choice</p>

## The Deli

Buffalo Chicken  
Oven Roasted Turkey and Cheese  
Ham & Cheese  
Tuna Salad

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

**\*Vegetable Bar includes:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
**\*Students may take 1 full cup vegetables and 1 full cup Fruit**

**\*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

## Milk

Milk Choices Offered Daily:  
1% white, non-fat white, 1% Flavored

## Proud to manage your food service program

Lunch Prices: Paid \$2.50 Reduced \$ .40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**