

August & September 2019 Middle School Lunch Menu

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



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or*



Fresh Fruits and Vegetables Offered Daily

***Vegetables include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
***May choose two 1/2 cup servings**

***Fruits include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
***May choose 1/2 cup serving**

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

1% Chocolate, 1% Strawberry,
Fat Free White and 1% White

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8/27 BBQ Rib on bun Or Grilled Teriyaki on bun Mixed Vegetables Assorted Fruit & Milk Choice	8/28 Salisbury Steak in gravy w/roll Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit & Milk Choice	8/29 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	8/30 Meatball Hoagie with cheese Or Breaded Fish on bun Steamed Green Beans Assorted Fruit & Milk Choice
9/2 No School Labor Day		3 Breaded Spicy Chicken on bun Or Hot Ham & Cheese on bun Steamed Broccoli Assorted Fruit & Milk Choice	4 Weenie Boats on bread Or Chicken Nuggets w/bread slice Glazed Carrots Assorted Fruit & Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup and sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit & Milk Choice	6 Macaroni & Cheese w/roll Or BBQ Chicken Wrap w/cheese Steamed Peas Assorted Fruit & Milk Choice
9	Walking Taco with lettuce, cheese & salsa or Hot Turkey & Cheese on bun Steamed Corn Assorted Fruit & Milk Choice	10 Chicken Strips w/bread slice Or Bacon Cheeseburger on bun Steamed Mixed Vegetables Assorted Fruit & Milk Choice	11 Chicken Broccoli Casserole with bread slice or Cheesesteak Hoagie on bun Steamed Broccoli Assorted Fruit & Milk Choice	12 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	13 Hot Dogs on buns or Cheeseburger Wrap Attack Baked Beans Assorted Fruit & Milk Choice
16	Beef Nachos with cheese, salsa and bread slice or Breaded Fish on bun Black Bean & Corn Salad Assorted Fruit & Milk Choice	17 Chicken Nuggets w/bread slice Or BBQ Pulled Pork on bun Steamed Corn Assorted Fruit & Milk Choice	18 Fiestada Pizza Or Hot Sicilian on bun Mixed Vegetables Assorted Fruit & Milk Choice	19 Brunch Lunch! French Toast Sticks with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	20 Macaroni & Cheese w/roll Or Buffalo Chicken Pizza Steamed Peas Assorted Fruit & Milk Choice
23	Meatball Hoagie w/cheese Or Hot Turkey & Cheese on bun Steamed Broccoli Assorted Fruit & Milk Choice	24 Chicken Rings w/bread slice Or Cheesesteak Hoagie on bun Baked Beans Assorted Fruit & Milk Choice	25 Italian Dunkers w/sauce Or Pepperoni Melt Steamed Green Beans Assorted Fruit & Milk Choice	26 Corn Dog Nuggets Or Sloppy Joe on bun Mixed Vegetables Assorted Fruit & Milk Choice	27 Grilled Cheese Sandwich w/soup or BBQ Grilled Chicken on bun Steamed Carrots Assorted Fruit & Milk Choice
30	Chicken Strips w/bread slice or Hot Ham & Cheese on bun Steamed Broccoli Assorted Fruit & milk Choice		Fresh Produce from Local Farms based on crop availability	Whole Grains Available Daily	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
Monday	Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with breads & croutons	Tuesday	Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with breads & croutons	Wednesday	Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with breads & croutons
				Thursday	Deli Sandwich or Wrap, Breaded Chicken Pizza Choice, Chef Salad with breads & croutons
					Friday