



PITTSTON AREA INTERMEDIATE CENTER LUNCH MENU

September 1 thru October 1, 2010

Providing the Absolute Best in Food and Facility Management

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>WEEKLY CHOICE</u>
<p><u>LUNCH LEARNERS!</u></p> <p>September Breakfast Items Monday French Toast Sticks Tuesday Ham, Egg and Cheese on a Bagel Wednesday Pancakes with Syrup Thursday Scrambled Eggs with Toast Friday Waffles with Syrup</p> <p>Daily Choices are Assorted Whole Grain Cereals with Toast, Breakfast Pizza Toast</p> <p>All Breakfast meals area served with 100% Juice and Low Fat Milk</p>		<h1 style="font-size: 2em; color: #e91e63;">Welcome Back!</h1>	<p>1 Chicken Tenders with Bread Slice Or Cheeseburger on a Bun Steamed Corn Peach Slices Low Fat Milk</p>	<p>2 Italian Dunkers With Marinara Sauce Or Hot Dog on a Bun Glazed Carrots Fruity Applesauce Low Fat Milk</p>	<p>3 Labor Day Holiday No School</p>	<p>Turkey Wrap Chef Salad Ham and Cheese Sandwich</p>
	<p>6 Labor Day Holiday No School</p>	<p>7 Chicken Fajita with Whole Wheat Bread Slice Or Grilled Cheese Sandwich Green Beans Diced Peaches Low Fat Milk</p>	<p>8 Cheeseburger Attack Wrap Or Whole Grain Chicken Patty on a Bun Steamed Peas Pineapple Tidbits Low Fat Milk</p>	<p>9 Whole Wheat Pasta with Meatballs and Bread Slice Or Bacon Burger on a Bun Corn Mandarin Oranges Low Fat Milk</p>	<p>10 Roasted Turkey Or Hot Dog Mashed Potatoes Gravy Fruit Medley Low Fat Milk</p>	<p>Ham and Cheese Wrap Crispy Rancher Salad Turkey Sandwich Italian Hoagie</p>
	<p>13 Taco Salad with Tortilla's, Lettuce, Salsa, and Cheese with Roll Or Hot Ham and Cheese Sandwich Fiesta Corn Chilled Pears Low Fat Milk</p>	<p>14 Chicken Nuggets with BBQ Sauce and Bread Slice Or Grilled Chicken Patty on a Bun Seasoned Peas Peaches Low Fat Milk</p>	<p>15 Macaroni and Cheese with Whole Wheat Bread Or Cheeseburger on a Bun Carrots Jello Apple Slices Low Fat Milk</p>	<p>16 Roasted Pork with Mashed Potatoes and Gravy Or Grilled Cheese Sandwich Green Beans Mandarin Oranges Low Fat Milk</p>	<p>17 Stir Fry Chicken with Rice Or Hot Dog on a Bun Broccoli Fruit Medley Low Fat Milk</p>	<p>Italian Wrap Chef Salad Bologna and Cheese Sandwich Turkey Hoagie</p>
	<p>20 Open Face Grilled Chicken Sandwich with Gravy Or Grilled Cheese Sandwich Glazed Carrots Chilled Pears Low Fat Milk</p>	<p>21 Hot Ham Slice with Buttered Noodles Or Whole Grain Chicken Patty on a Bun Seasoned Corn Peach Crisp Low Fat Milk</p>	<p>22 Harvest Festival!! Corn Dog Nuggets with Wheat Bread Or Hamburger on a Bun Green Beans Cinnamon Applesauce Low Fat Milk</p>	<p>23 Popcorn Chicken with Rice Or Hot Dog on a Bun Mixed Vegetables Mandarin Oranges Low Fat Milk</p>	<p>24 Pasta with Meat Sauce With Garlic Bread Or Turkey Club Peas Fruit Medley Low Fat Milk</p>	<p>Chicken Wrap Tuna Salad Turkey Salami and Cheese Sandwich Ham and Cheese Hoagie</p>
	<p>27 Baked Fish Sticks With Bread Slice Or Grilled Cheese Sandwich Seasoned Corn Pear Slices Low Fat Milk</p>	<p>28 Meatball Platter with Italian Bread Or Chicken Patty on a Bun Buttered Peas Peach Cup Low Fat Milk</p>	<p>29 Sloppy Joe Casserole Or Hot Dog on a Bun Mixed Vegetables Fruity Applesauce Low Fat Milk</p>	<p>30 Chicken Cheese Steak Hoagie Or Cheeseburger Carrots Mandarin Oranges Low Fat Milk</p>	<p>1 Roasted Turkey with Stuffing and Gravy or Rib a Que on a Bun Baked Green Beans Fruit Medley Low Fat Milk</p>	<p>Turkey Wrap Chicken Salad Tuna Sandwich Italian Hoagie Plain Pizza Available Daily</p>



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Menu subject to change

Available Daily at Lunch:
 Fesh Fruit, Carrot or Celery Sticks, Tossed Salad
Milk Choices: Skim, 1% Flavored, 2% White

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