



The Nutrition Group

PITTSTON AREA INTERMEDIATE CENTER LUNCH MENU

December 12, 2011 thru January 20, 2011

Food Service Director:
Sue Rudalavage
570-654-7770 or
654-2415 Ext 2221

**September
Breakfast Items**

- Monday**
Hot Pockets
- Tuesday**
Pancake Sausage
Wrap
- Wednesday**
Sausage, Egg and
Cheese on a Bagel
- Thursday**
Scrambled Eggs with
Toast
- Friday**
Waffles with Syrup

Daily Choices are
Assorted Whole Grain
Cereals with Toast,
Breakfast Pizza
Toast

All Breakfast meals
area served with
100% Juice and




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Low Fat Milk

**Menu subject to
change**

**Breakfast Price
\$.85 Paid
\$.30 Reduced**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATES
12	Triple Decker Grilled Cheese Or Hot Dog on a Bun Corn Pears Low Fat Milk	13 Corn Dog Nuggets Or Cheeseburger on a Bun Peas Mandarin Oranges Low Fat Milk	14 Macaroni and Cheese Or Meatball Platter Bread Slice Green Beans Pineapple Tidbits Low Fat Milk	15 Christmas Dinner Roasted Turkey Dinner Roll Mashed Potatoes And Gravy Carrots Peach Crisp Low Fat Milk	16 Beef Taco Salad Bread Or Italian Dunkers Mixed Vegetables Mandarin Oranges Low Fat Milk	Turkey Wrap Or Chef Salad Or Italian Hoagie Or Chicken Tenders with Bread
19	Pasta with Meat Sauce And Garlic Bread Or Hamburger Sliders Green Beans Pineapple Tidbits Low Fat Milk	20 Teriyaki Chicken with Rice and Bread Or Fish Sticks Bread Slice Corn Applesauce Low Fat Milk	21 Cheese Steak Hoagie Or Chicken Parm Sandwich Peas Peaches Low Fat Milk	22 Sloppy Joe on a Bun Or Hot Dog on a Bun Mixed Vegetables Mandarin Oranges Low Fat Milk	23 Pepperoni Pizza Or Hot Ham and Cheese on a Bun Carrots Pears Low Fat Milk	Ham and Cheese Wrap Or Crispy Chicken Salad Or Tuna Hoagie Or Chicken Patty on a Bun
2	No School A HAPPY NEW YEAR	3 Rib a Que on a Bun Or Bacon Cheeseburger Baked Fries Carrots Peaches Low Fat Milk	4 Pasta with Meatballs Garlic Bread Or Fish Sandwich Corn Pears Low Fat Milk	5 Pork Chop Bread Slice Or Teriyaki Beef Strips Mashed Potatoes with Gravy Mixed Fruit Low Fat Milk	6 BBQ Chicken Dunkers Or Taco Salad Bread Peas Pineapple Tidbits Low Fat Milk	Italian Wrap Or Chef Salad Or Turkey Hoagie Or Chicken Nuggets with Bread
9	Macaroni and Cheese Bread Slice Or Hot Ham and Cheese on a Bun Green Beans Mandarin Oranges Low Fat Milk	10 Cheeseburger Fajita Or Hot Dog on a Bun Mixed Vegetables Applesauce Low Fat Milk	11 Chicken Parm With Noodles Or Fish Sticks Bread Slice Carrots Peaches Low Fat Milk	12 Corn Dog Bites Or Bacon Cheeseburger Baked Fries Corn Pears Low Fat Milk	13 Fruity Friday Pizza Day Or Chili Taco Bread Slice Peas Pineapple Tidbits Low Fat Milk	Turkey Wrap Or Chicken Caesar Salad Ham and Cheese Hoagie Popcorn Chicken with Bread
16	No School 	17 Macaroni and Cheese Bread Slice Or Bacon Cheeseburger Green Beans Pears Low Fat Milk	18 Meatball Hoagie Or Chicken Fajita Fried Rice Bread Slice Corn Peaches Low Fat Milk	19 Hot Ham Hoagie Or Taco Salad Bread Slice Baked Fries Mixed Fruit Low Fat Milk	20 Italian Dunkers Or Rib a Que Peas Pineapple Tidbits Low Fat Milk	Ham and Cheese Wrap Or Chef Salad or Turkey Hoagie Or Chicken Patty on a Bun

We would like to wish you a Happy and Safe Holiday Season!!!

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