

PITTSTON AREA MIDDLE SCHOOL LUNCH MENU

September 1 thru October 1, 2010



Wraps, Hoagies and Salads are made fresh daily to include:

An assortment of Italian, Turkey, Tuna and Ham and Cheese



Fresh Homemade Pizza Daily

Monday: Sausage
Tuesday: Chicken Wing
Wednesday: Cheese Steak
Thursday: Chicken Wing
Friday: White
Plain Pizza available daily



Whole Grain Breaded Chicken Patties
Monday, Wednesday,
and Friday
Grilled Chicken Patties on Tuesday
and Thursday
Available Daily
Buffalo Dipped Chicken Patties
Cheeseburgers and
Hot Dogs

All menu items are subject to change
**Lunch Prices- Paid: \$1.75 Reduced
\$0.40 Adult \$2.40**
All offered daily with a choice of
bread, fruit, and low fat milk.
Choose from low fat dressings
Assorted Fresh Crisp Salads are
Made daily



The Nutrition Group

- 9-1 **Chicken Fajita Wrap with Lettuce, Tomato, Cheese and Salsa
Corn, Whole Wheat Bread Slice, Peaches**
- 9-2 **Italian Dunkers with Marinara Sauce, Glazed Carrots, Apple
Slices**
- 9-3 **No School Labor Day Holiday**
- 9-6 **No School**
- 9-7 **Popcorn Chicken Bowl, Dinner Roll, Mashed Potatoes Corn,
Pineapple Tidbits**
- 9-8 **Cheeseburger Attack Wrap with our Special Sauce, Peas, Bread
Slice, Peaches**
- 9-9 **Pasta with Meatballs and Marinara Sauce, Garlic Bread, Green
Beans, Pears**
- 9-10 **Roasted Turkey with Stuffing, Carrots, and Gravy
Mixed Fruit**
- 9-13 **Taco Salad with Tortilla, Lettuce, Salsa and Cheese, Corn,
Whole Wheat Bread Slice, Mixed Fruit**
- 9-14 **Hot Pork and Cheese Hoagies with Peas, and Pears**
- 9-15 **Macaroni and Cheese with Stewed Tomatoes, Bread Slice,
Applesauce**
- 9-16 **Italian Stromboli, Green Beans, Mandarin Oranges**
- 9-17 **Brunch for Lunch, Waffle with Warm Peaches, Sausage Links,
Fruit Juice, Pineapple, Carrots**
- 9-20 **Stir Fry Chicken with Broccoli over Rice, Pears**
- 9-21 **BBQ Pork Hoagie, Corn, Peaches**
- 9-22 **Grilled Cheese with Chicken Noodle Soup, Carrots,
Applesauce**
- 9-23 **Open Face Turkey Sandwich with Mashed Potatoes, Gravy and
Mandarin Oranges**
- 9-24 **Whole Wheat Pasta with Meat Sauce, Garlic Bread, Green
Beans, Fruit Medley**
- 9-27 **Baked Fish Patty on a Bun with Lettuce and Tomato, Corn,
Pears**
- 9-28 **Sloppy Joe on a Kaiser Roll, Peas, Pears**
- 9-29 **Ham Slice with Potatoes Au Gratin, Bread Slice, Green Beans,
Mandarin Oranges**
- 9-30 **Sweet and Sour Popcorn Chicken, with Stir fry Rice, Carrots,
Mixed Fruit**
- 10-1 **Chicken Parm on a Kaiser Roll, Pasta with Sauce, Broccoli,
Mixed Fruit**

Breakfast

Available daily:
Assorted Cereal w/ Toast

Daily Specialties:

Monday: Egg & Cheese
on a Bagel "or"
French Toast Sticks with Syrup

Tuesday: Scrambled Egg with
toast
"or"
Sausage & Cheese on a
English Muffin

Wednesday: Pancakes w/ Syrup
"or"
Egg, Bacon & Cheese on a Bagel

Thursday: Breakfast Pizza
"or"
Egg & Cheese on a Bagel

Friday: Waffles w/ Syrup
"or"
Ham & Cheese on a Bagel

Breakfast is served with choice of
100% Fruit Juice and Low Fat Milk



1%, Skim, Low Fat Chocolate,
Low Fat Strawberry, Low Fat Vanilla
1/2 Pint

Other Beverage Choices:

Pepsi Products, Water, Gatorade,
Vitamin Water

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