



Providing the Absolute Best in Food and Facility Management

# PITTSTON AREA PRIMARY CENTER LUNCH MENU

## September 1 thru October 1, 2010

### LUNCH LEARNERS!

**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*


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

*All Breakfast meals  
area served with  
100% Juice and  
Low Fat Milk*



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**Menu subject to  
change**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>WEEKLY CHOICE</u>
	<p><i>Welcome Back!</i></p>	<p><b>1</b> Chicken Tenders with Bread Slice Or Cheeseburger on a Bun Steamed Corn Peach Slices Low Fat Milk</p>	<p><b>2</b> Italian Dunkers With Marinara Sauce Or Hot Dog on a Bun Glazed Carrots Fruity Applesauce Low Fat Milk</p>	<p><b>3</b> Labor Day Holiday  No School</p>	<p>Turkey Wrap Chef Salad Ham and Cheese Sandwich</p>
<p><b>6</b> Labor Day Holiday  No School</p>	<p><b>7</b> Chicken Fajita with Whole Wheat Bread Slice Or Grilled Cheese Sandwich Green Beans Diced Peaches Low Fat Milk</p>	<p><b>8</b> Cheeseburger Attack Wrap Or Whole Grain Chicken Patty on a Bun Steamed Peas Pineapple Tidbits Low Fat Milk</p>	<p><b>9</b> Whole Wheat Pasta with Meatballs and Bread Slice Or Bacon Burger on a Bun Corn Mandarin Oranges Low Fat Milk</p>	<p><b>10</b> 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><b>13</b> 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><b>14</b> Chicken Nuggets with BBQ Sauce and Bread Slice Or Grilled Chicken Patty on a Bun Seasoned Peas Peaches Low Fat Milk</p>	<p><b>15</b> Macaroni and Cheese with Whole Wheat Bread Or Cheeseburger on a Bun Carrots Jello Apple Slices Low Fat Milk</p>	<p><b>16</b> Roasted Pork with Mashed Potatoes and Gravy Or Grilled Cheese Sandwich Green Beans Mandarin Oranges Low Fat Milk</p>	<p><b>17</b> 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><b>20</b> Open Face Grilled Chicken Sandwich with Gravy Or Grilled Cheese Sandwich Glazed Carrots Chilled Pears Low Fat Milk</p>	<p><b>21</b> Hot Ham Slice with Buttered Noodles Or Whole Grain Chicken Patty on a Bun Seasoned Corn Peach Crisp Low Fat Milk</p>	<p><b>22</b> Harvest Festival!! Corn Dog Nuggets with Wheat Bread Or Hamburger on a Bun Green Beans Cinnamon Applesauce Low Fat Milk</p>	<p><b>23</b> Popcorn Chicken with Rice Or Hot Dog on a Bun Mixed Vegetables Mandarin Oranges Low Fat Milk</p>	<p><b>24</b> 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><b>27</b> Baked Fish Sticks With Bread Slice Or Grilled Cheese Sandwich Seasoned Corn Pear Slices Low Fat Milk</p>	<p><b>28</b> Meatball Platter with Italian Bread Or Chicken Patty on a Bun Buttered Peas Peach Cup Low Fat Milk</p>	<p><b>29</b> Sloppy Joe Casserole Or Hot Dog on a Bun Mixed Vegetables Fruity Applesauce Low Fat Milk</p>	<p><b>30</b> Chicken Cheese Steak Hoagie Or Cheeseburger Carrots Mandarin Oranges Low Fat Milk</p>	<p><b>1</b> 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 <b>Plain Pizza Available Daily</b></p>

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

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