

Piscataway High School Menu  
February 2019



**EVERYDAY DELI CHOICES**  
Turkey & Cheese Sub, Italian Sub,  
Ham & Cheese Sub and Daily Specials

*Our Made-to-Order Deli Bar includes a variety of meats, cheeses, protein salads and toppings on locally fresh baked, whole wheat sub rolls or wraps.*

				1 Corn Dog Garden Bar
4 Pulled Pork Sandwich Carrot Coins	5 Triple Dipper Nuggets, Pretzel, Tots Garden Bar	6 Chicken Alfredo Green Peas Breadstick	7 Chicken & Waffles Baked Beans	8 Grilled Ham & Cheese Melt Garden Bar
11 Chief Burger Sweet Potato Fries	12 Twin Hotdogs French Fries ½ DAY SCHEDULE	13 Spaghetti w/Meat Sauce Carrot Coins Garlic Breadstick	14 Cheesy Enchiladas Brown Rice Refried Beans	15 Philly Cheese Steak Green Beans
18 NO SCHOOL President's Day	19 Chicken in a Basket Potato Wedges Buttermilk Biscuit	20 Buffalo Chicken Mac & Cheese Green Peas Dinner Roll	21 Twin Soft Shell Taco Mexican Black Beans	22 Sweet & Sour Chicken Over Rice Chinese Vegetables
25 French Toast Sticks Turkey Sausage Sweet Potato Fries	26 Crispy Chicken Bowl Chicken, Mashed Pot. Corn & Gravy	27 Sloppy Joe Sandwich Roasted Carrots	28 Chicken Fajita w/Tortilla Southwest Black Beans	



**ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR**

Includes a variety of Salad Greens, Carrot & Celery Sticks, Corn and Bean Salads  
Plus Fresh Fruit and Fruit Cups

*Locally Grown items are offered whenever seasonally available*

Low Fat or Fat Free Milk included with all meals



**Daily Salad Choices**

- Week 1 – Chicken Caesar & Garden w/ Cheese
- Week 2 – Buffalo Chicken & Chef Salad
- Week 3 - Chicken Caesar & Garden w/ Cheese
- Week 4 –Buffalo Chicken & Chef Salad
- Week 5 – Chicken Caesar & Garden w/ Cheese



**Daily Grill Selections**

- Veggie Burger on a Bun
- Chicken Patty Sandwich
- Spicy Chicken Patty
- Grill Cheese
- Hamburger/ Cheeseburger
- Specialty Panini



AVAILABLE DAILY – Fruit & Yogurt Parfaits

**EVERYDAY PIZZA CHOICES**

Cheese, Pepperoni, & daily Specialty Pizzas

*All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts*

**We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!**

This institution is an equal opportunity provider