

**Piscataway Middle 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.

Travel Chef for Lunch Schor- Feb 5& 19 QT- Feb 6 & 20 C-Mack Feb 7& 21				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 Sandwich
- Hamburger/ Cheeseburger
- Specialty Panini
- Nachos



ALSO 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