

Piscataway High School Menu  
January 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 <b>HAPPY NEW YEAR!!!</b>	2 Chicken Alfredo Steamed Broccoli Garlic Breadstick	3 Chicken & Waffles Baked Beans	4 Ham & Cheese Pretzel Melt Carrot Coins
7 Chief Burger Sweet Potato Wedges	8 Triple Dipper Buttered Corn	9 Grilled Chicken Parm Sub Sauteed Spinach	10 Beef & Cheese Nachos Refried Beans	11 Fish & Chips Steamed Green Beans
14 Chili Cheese Tots Roasted Carrots Buttermilk Biscuit	15 Chicken in a Basket Potato Wedges Buttermilk Biscuit ½ DAY SCHEDULE	16 Buffalo Chicken Mac & Cheese Steamed Broccoli Dinner Roll	17 Crunchy Twin Tacos Mexican Black Beans	18 Sweet & Sour Chicken over Rice Chinese Vegetables
21 NO SCHOOL MARTIN LUTHER KING	22 Crispy Chicken Bowl Buttermilk Biscuit	23 Baked Ziti Carrot Coins Garlic Breadstick	24 Chicken Fajita With Soft Tortilla Southwest Black Beans	25 Meatball Parm Sub Steamed Green Beans
28 Grilled Cheese Tomato Soup	29 General Tso Chicken Over Rice Steamed Broccoli	30 Spaghetti w/Meatballs Green Peas Dinner Roll	31 Burrito Bowl Chicken ,Rice, Black Beans & Corn Salsa	



**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