

Piscataway Middle 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 HAPPY NEW YEAR!!	2 Chicken Alfredo Steamed Broccoli Garlic Breadstick	3 Chicken & Waffles Baked Beans	4 Grilled Pretzel Melt Carrot Coins
7 Chief Burger Sweet Potato Wedges	8 Triple Dipper Buttered Corn	9 Grilled Chicken Parm Sub Sautéed Spinach	10 Beef & Cheese Nachos Refried Beans	11 Fish & Chips Steamed Green Beans
14 Chili Cheese Loaded Tots Citrus Glazed 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 Vegetable
21 NO SCHOOL MARTIN LUTHER KING	22 Crispy Chicken Bowl Buttermilk Biscuit	23 Baked Ziti Carrots 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/Meatball Green Peas Dinner Roll	31 Burrito Bowl Chicken,Rice Black Beans & Corn Salsa	Travel Chef for Lunch Schor- Jan 8 & 22 QT- Jan 9 & 23 C-Mack Jan 10 & 24

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