

# Piscataway School District Piscataway Middle School Menu

**October 2018**  
Our menus are aligned with the USDA's  
"Healthier US School Challenge."



**Build your own Sub with a  
variety of fresh ingredients  
and toppings**

1 Chili Cheese Tots Roasted Carrots Baked Biscuit Fresh Fruit	2 Chicken in a Basket Crispy Potato Wedges Fresh Fruit	3 Buffalo Mac & Cheese Steamed Broccoli Fresh Roll Fresh Fruit	4 Crispy Twin Tacos Steamed Rice Southwest Black Beans Fresh Fruit	5 Sweet & Sour Chicken Steamed Rice Chinese Vegetables Fresh Fruit
8 French Toast Sticks Turkey Sausage Patty Sweet Potatoes Fresh Fruit	9 Crispy Chicken Bowl Baked Biscuit Fresh Fruit	10 Baked Ziti Fresh Romaine Salad Garlic Breadstick Fresh Fruit	11 Chicken Fajita Mexican Black Beans Fresh Fruit	12 Meatball Parm Sub Steamed Green Beans Fresh Fruit
15 Grilled Cheese Tomato Soup Fresh Fruit	16 General Tso Chicken Over Rice Steamed Broccoli Fresh Fruit	17 Spaghetti w/Meatballs Sauteed Spinach Fresh Roll Fresh Fruit	18 Burrito Bowl Chicken, Rice, Black Beans Corn Salsa Fresh Fruit  ½ Day Schedule	19 Corn Dog Fresh Garden Bar Fresh Fruit  ½ Day Schedule
22 Pulled Pork Sandwich Carrot Coins Fresh Fruit  ½ Day Schedule	23 Cheesy BBQ Chicken Tots Baked Biscuit Fresh Fruit	24 Chicken Alfredo Steamed Broccoli Fresh Roll Fresh Fruit	25 Southern Chicken & Waffles Baked Beans Fresh Fruit	26 Ham & Cheese Pretzel Melt Fresh Garden Bar
29 Meatloaf Sandwich Sweet Potato Fries Fresh Fruit	30 Triple Dipper Buffalo Bites Pretzel Nuggets Fries Fresh Fruit	31 Grilled Chicken Parm Sandwich Sauteed Spinach Fresh Fruit	<b>Traveling Chef for Lunch Schor Oct. 9 &amp; 23 QT Oct. 10 &amp; 24 C-Mack Oct. 11 &amp; 25</b>	

**PIZZA**

**Cheese & Pepperoni Pizza offered Daily**

Specialty Pizza offered daily

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

Daily Salads:

**FAST TAKES**

**Week 1:** Chicken Caesar/Garden with Cheese  
**Week 2:** Chef Salad/Buffalo Chicken Salad  
**Week 3:** Chicken Caesar/Garden Salad with Cheese  
**Week 4:** Chef Salad/Buffalo Chicken Salad  
**Week 5:** Chicken Caesar/Garden Salad with Cheese

1% White Milk  
& Fat Free  
Chocolate  
Milk available  
with all meals  
Bagged Baby  
Carrots  
available daily

Daily Grill  
Selections

Monday – Chicken Patty  
Tuesday – Twin Hot Dog  
Wednesday – Hamburger  
Thursday – Spicy Chicken Patty  
Friday – Philly Cheese Steak

**Menu Subject to Change**

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.