

**Piscataway Middle School Menu  
September 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.*

<p><b>TRAVEL CHEF</b></p> <p>Schor – Sept. 17 QT – Sept. 18 C-Mack – Sept 19</p>		<p>4</p> <p>Mac &amp; Cheese Fresh Dinner Roll Steamed Broccoli</p>	<p>5</p> <p>Crunchy Tacos w/Salsa, Cheese &amp; Lettuce Cold Bean Salad</p>	<p>6</p> <p>Grilled Cheese on Texas Toast Creamy Tomato Soup</p>
<p>9</p> <p>French Toast Sticks Turkey Sausage Sweet Potato Fries</p>	<p>10</p> <p>Triple Dipper Chicken, Pretzel Bites, Waffle Fries</p>	<p>11</p> <p>Orange Popcorn Chicken Over Rice Chinese Vegetables</p>	<p>12</p> <p>Chicken Fajita w/Soft Shell Steamed Rice Pepper &amp; Onion Mix</p>	<p>13</p> <p>Meatball Parmesan Sub Roasted Chic Peas</p>
<p>16</p> <p>Grilled Cheese on Texas Toast Creamy Tomato Soup</p>	<p>17</p> <p>Open Faced Turkey Sand. Baked Potato Wedges</p>	<p>18</p> <p>Chicken &amp; Cheese Quesadillas Roasted Broccoli</p>	<p>19</p> <p>Vegetarian Lo Mein Bowl Roasted Chic Peas</p>	<p>20</p> <p>Twin Hot Dogs Parmesan Green Beans</p>
<p>23</p> <p>Pancakes Turkey Sausage Citrus Carrots</p>	<p>24</p> <p>Cheesy BBQ Pork Loaded Tots Buttermilk Biscuit</p>	<p>25</p> <p>Pasta w/Meatballs Fresh Dinner Roll Garlic Sauteed Spinach</p>	<p>26</p> <p>Chicken &amp; Waffles Baked Beans</p>	<p>27</p> <p>Crispy Chicken Bowl Chicken, Mashed Potato &amp; Corn w/Gravy Fresh Dinner Roll</p>
<p>30</p> <p>NO SCHOOL ROSH HASHANAH</p>				



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

Includes a variety of Salad Greens, Carrot & Celery Sticks, Corn and Bean Salads  
Plus Fres  
h 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