

# Piscataway School District Piscataway Middle School Menu April 2017

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



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



**Week 1 – Turkey & Cheese sub  
Week 2 –Tuna sub  
Week 3 –Ham & Cheese Sub  
Week 4- Italian Sub**

|   |  |   |  |  |
|---|--|---|--|--|
| 3<br><br>Southern Chicken & Waffles<br>Corn<br>Fresh Fruit or Fruit Cup<br>Smokin BBQ Riblet Sandwich     | 4<br><br>Buffalo Chicken Patty Sandwich<br>Mozzarella Sticks Marinara<br>Steamed Green Beans<br>Fresh Fruit or Fruit Cup<br>Buffalo Chicken patty Sandwich | 5<br><br>Loco Beef Fajita w/ Rice<br>Carrot Planks<br>Fresh Fruit or Fruit Cup<br>Philly Cheese Steak               | 6<br><br>Chinese Take Out<br>Chicken Teriyaki Stir Fry<br>Broccoli Florets<br>Fresh Fruit or Fruit Cup<br>Classic Hamburger/Cheeseburger | 7<br><br>Mozzarella Sticks Marinara<br>Steamed Green Beans<br>Fresh Fruit or Fruit Cup<br>Chicken Patty Sandwich   |
| 10<br><br>Spring Break  | 11<br><br>Spring Break   | 12<br><br>Spring Break  | 13<br><br>Spring Break   | 14<br><br>Spring Break   |
| 17<br><br>Spring Break  | 18<br><br>Chicken Drum Basket w/ Biscuit<br>Chick Peas<br>Roasted Carrots<br>Fresh Fruit or Fruit Cup<br>Buffalo Chicken Patty Sandwich                    | 19<br><br>Old Fashion Mac & Cheese<br>Breadstick<br>Spinach Salad<br>Fresh Fruit or Fruit Cup<br>Philly Cheesesteak | 20<br><br>Chicken Lo Mein<br>Broccoli<br>Fresh Fruit or Fruit Cup<br>Classic Hamburger/Cheeseburger                                      | 21<br><br>Classic<br>Hamburger/Cheeseburger<br>Celery Sticks<br>Fresh Fruit or Fruit Cup<br>Chicken Patty Sandwich |
| 24<br><br>Monster Meatball Sub<br>Carrot Sticks<br>Fresh Fruit or Fruit Cup<br>Smokin BBQ Riblet Sandwich | 25<br><br>Savory Twin Soft Tacos<br>Chilled Black Beans<br>Fresh Fruit or Fruit Cup<br>Buffalo Chicken Patty Sandwich                                      | 26<br><br>Mini Ravioli<br>Breadstick<br>Sautéed Spinach<br>Fresh Fruit or Fruit Cup<br>Philly Cheesesteak           | 27<br><br>Chili in a Bread Bowl<br>Niblet Corn<br>Fresh Fruit or Fruit Cup<br>Classic Hamburger/Cheeseburger                             | 28<br><br>Mozzarella Sticks Marinara<br>Steamed Green Beans<br>Fresh Fruit or Fruit Cup<br>Chicken Patty Sandwich  |
|   |  |   |  |  |

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



**Cheese & Pepperoni Pizza offered Daily  
Specialty Pizza offered daily**

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



**Daily Salads:**

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



**EVERYDAY  
CHOICES**

**Veggie Burger on Bun  
Chicken Patty Sandwich  
Spicy Chicken Patty  
Sandwich  
Grilled Cheese**

**Menu Subject to Change**