

# Piscataway School District Piscataway High School Menu March 2017

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



Build your own  
Sub with a variety  
of fresh  
ingredients

**EVERYDAY  
CHOICES**

**Nacho Bar  
w/ assorted toppings**

		1 Chicken Fajita w/ Rice Carrot Planks Fresh Fruit or Fruit Cup	2 Chicken Teriyaki Stir Fry Broccoli Fresh Fruit or Fruit Cup	3 Crispy Turkey Tacos Corn Fresh Fruit or Fruit Cup
6 Mozzarella Sticks w/ Marinara Sweet Potato Fries Fresh Fruit or Fruit Cup	7 Rodeo Burger Green Peas Fresh Fruit or Fruit Cup	8 Pasta w/ Meat Sauce Breadstick Romine/Kale Salad Fresh Fruit or Fruit Cup	9 Monster Meatball Sub Celery Sticks Fresh Fruit or Fruit Cup	10 Siracha Chicken Patty Sandwich Black Beans Fresh Fruit or Fruit Cup
13 Chicken Parm Sandwich Green Beans Fresh Fruit or Fruit Cup	14 Chicken Drum Basket w/ Biscuit Chick Peas Roasted Carrots Fresh Fruit or Fruit Cup	15 Baked Ziti Breadstick Spinach Salad Fresh Fruit or Fruit Cup	16 Chicken Lo Mein Broccoli Fresh Fruit or Fruit Cup	17 Hamburger/Cheeseburger Celery Sticks Fresh Fruit or Fruit Cup
20 Monster Meatball Sub Carrot Sticks Fresh Fruit or Fruit Cup	21 Twin Soft Tacos Chilled Black Beans Fresh Fruit or Fruit Cup	22 Mac & Cheese Breadstick Spinach Salad Fresh Fruit or Fruit Cup	23 Chili in a Bread Bowl Corn Fresh Fruit or Fruit Cup	24 Mozzarella Sticks w/ Marinara Steamed Green Beans Fresh Fruit or Fruit Cup
27 Hamburger/Cheeseburger Red pepper Strips Fresh Fruit or Fruit Cup	28 Pulled Turkey BBQ Vegetarian Beans Fresh Fruit or Fruit Cup	29 Pasta w/ Meat Sauce Breadstick Romine/Kale Salad Fresh Fruit or Fruit Cup	30 Meatloaf w/ Roll Potato Wedges Fresh Fruit or Fruit Cup	31 Chicken Nuggets w/Roll Sweet Peas Fresh Fruit or Fruit Cup

Baked French Fries offered Daily for \$1.50 a la carte or \$1.00 w/ reimbursable meal purchase.  
1% White Milk & Fat Free Chocolate Milk available with all meals  
Bagged Baby Carrots available daily



## Cheese & Pepperoni Pizza offered Daily

Monday- BBQ Chicken Pizza    Tuesday- Sausage Pizza  
Wednesday- Chicken Ranch Pizza    Thursday- Buffalo Chicken Pizza  
Friday- Roasted Vegetable Pizza

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



Daily Salads: Garden Salad & Chef Salad

Mondays: Meatball Sub  
Tuesdays: Twin Hot Dog  
Wednesdays: BBQ Riblet on Fresh Roll  
Thursdays: Chicken Club Sandwich  
Fridays: Hamburger/Cheeseburger



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

Menu Subject to Change