

Piscataway School District Piscataway Middle 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

DAILY VEGETARIAN CHOICES

Grilled Cheese
Veggie Burger on Bun
Mozzarella Sticks
Yogurt Parfait
Assorted Salads

		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

Locally Grown items are offered whenever seasonally available
1% White Milk and Fat Free Chocolate Milk available with all meals
Bagged Baby Carrots available daily

Menu Subject to Change



Daily Salads: Garden Salad & Chef Salad

Mondays: Meatball Sub
Tuesdays: Hot Dog
Wednesdays: BBQ Riblet on Fresh Roll
Thursdays: Chicken Club Sandwich
Fridays: Hamburger/Cheeseburger
Offered Daily: Chicken Patty Sandwich & Spicy Chicken Patty

Now Available Panini Sandwiches!!!

Week Mar 1st-3rd: Turkey & Cheese Panini
Week of Mar 6th-10th : Buffalo Chicken Panini
Week of Mar 13th-17th :BBQ Riblet Panini
Week of Mar 20th- 24th : Ham & Cheese Panini
Week of Mar 27th-31st : Roast Beef & Swiss Panini



Cheese & Pepperoni Pizza offered Daily

Monday- Meatlovers Pizza **Tuesday-** General Tso Pizza
Wednesday- Chicken Bacon Ranch Pizza **Thursday-** Buffalo Chicken Pizza
Friday- Roasted Vegetable Pizza

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