

Piscataway School District Piscataway High School Menu

May 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 Chicken in a Basket Buttered Corn Fresh Fruit	2 Mac & Cheese Sauteed Spinach Dinner Roll Fresh Fruit	3 General Tso Chicken Steamed Rice Chinese Vegetables Fresh Fruit	4 Ham & Cheese Pretzel Melt Sweet Potato Chunk Fresh Fruit
7 Cinco de Mayo Crispy Tacos Refried Beans Fresh Fruit	8 Rodeo Burger Roasted Carrots Fresh Fruit	9 Pasta w/Meatballs Steamed Broccoli Dinner Roll Fresh Fruit	10 Hot Turkey Sandwich Steamed Green Beans Fresh Fruit	11 Twin Hot Dogs Baked Beans Fresh Fruit
14 Chicken Quesadilla Roasted Chic Peas Fresh Fruit	15 Chicken Parm over Pasta Buttered Corn Dinner Roll Fresh Fruit	16 Bacon Cheeseburger Sweet Potato Chunk Fresh Fruit	17 Chicken Fajita Over Rice Onion Pepper Medley Fresh Fruit	18 Fishwich Sandwich Steamed Broccoli Fresh Fruit
21 Sloppy Joe Sandwich Citrus Carrots Fresh Fruit	22 Meatball Parm Sub Green Beans Fresh Fruit	23 Chicken Alfredo Dinner Roll Steamed Broccoli Fresh Fruit	24 Beef Burrito 3 Bean Salad Fresh Fruit	25 Grilled Cheese Tomato Soup Fresh Fruit
28 NO SCHOOL MEMORIAL DAY	29 Popcorn Chicken Buttered Corn Dinner Roll Fresh Fruit	30 BBQ Baked Chicken Yellow Rice Steamed Broccoli Fresh Fruit	31 Crispy Beef Taco Refried Beans Fresh Fruit ½ DAY SCHEDULE	Fresh fruits & vegetables available daily

PIZZA

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 Salad/Chicken Salad
- Week 3:** Chicken Caesar/Garden Salad
- Week 4:** Chef Salad/Chicken Salad
- Week 5:** Chicken Caesar/Garden Salad

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

Daily Grill
Selections

- EVERYDAY SELECTIONS**
- Veggie Burger on a Bun**
 - Chicken Patty Sandwich
 - Spicy Chicken Patty
 - Grill Cheese
 - Hamburger/Cheeseburger

Menu Subject to Change