

**Piscataway High School Menu
March 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.

				1 Meatball Parm Sub Green Beans
4 Grilled Cheese Sandwich Sweet Potato Tomato Soup	5 General Tso Chicken Over Brown Rice Steamed Broccoli	6 Spaghetti W/Meatballs Green Peas Dinner Roll	7 Burrito Bowl Black Beans & Corn Salsa	8 Corn Dog Garden Bar
11 Pulled Pork Sandwich Carrot Coins	12 Cheese BBQ Chicken Loaded Tots Buttermilk Biscuit	13 Chicken Alfredo Steamed Broccoli Garlic Breadstick	14 Homemade Beef Chili Red Kidney Bean Tortilla Chips	15 Mediterranean Gyro Garden Bar
18 Chief Burger Sweet Potato Fries	19 Triple Dipper Buffalo Bites, Pretzel Nuggets & French Fries	20 Spaghetti w/ Meat Sauce Steamed Broccoli Dinner Roll	21 Cheesy Enchiladas Brown Rice Refried Beans	22 Fish & Chip Basket Green Beans
25 Chili Cheese Tots Buttermilk Biscuit Citrus Carrots	26 Chicken in a Basket w/Biscuit Sweet Potato Wedges	27 Mac & Cheese Steamed Broccoli Dinner Roll	28 Crunchy Beef Tacos Brown Rice Mexican Black Beans	29 Grilled Pretzel Melt Chinese Vegetables



ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR

Includes a variety of Salad Greens, Carrot & Celery Sticks, Corn and Bean Salads
Plus Fresh 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
- Hamburger/ Cheeseburger
- Specialty Panini



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