

**Piscataway Middle 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.*

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

ALSO 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