

Piscataway School District Piscataway Middle School Menu

June 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

Fresh fruits & vegetables available daily				<p>1</p> <p>Ham & Cheese Pretzel Melt Sweet Potato Chunk Fresh Fruit</p>
<p>4</p> <p>Fish Sticks Sauteed Spinach Fresh Fruit</p>	<p>5</p> <p>Rodeo Burger Roasted Carrots Fresh Fruit</p>	<p>6</p> <p>Pasta w/Meatballs Steamed Broccoli Dinner Roll Fresh Fruit</p>	<p>7</p> <p>Hot Turkey Sandwich Steamed Green Beans Fresh Fruit</p>	<p>8</p> <p>Jamaican Beef Patty Sweet Peas Fresh Fruit</p>
<p>11</p> <p>Beef Chili over Rice Steamed Carrots Fresh Fruit</p>	<p>12</p> <p>Chicken Nuggets Steamed Broccoli Dinner Roll Fresh Fruit</p>	<p>13</p> <p>Old Fashioned Mac & Cheese Sweet Peas Dinner Roll Fresh Fruit</p>	<p>14</p> <p>Meatball Sub Steamed Green Beans Fresh Fruit</p>	<p>15</p> <p>NO SCHOOL Eld Al-Fitr</p>
<p>18</p> <p>Crispy Tacos Black Beans Fresh Fruit</p>	<p>19</p> <p>BBQ Baked Chicken Roasted Potatoes Steamed Green Beans Fresh Fruit</p>	<p>20</p> <p>Pasta w/Meatballs Steamed Broccoli Dinner Roll Fresh Fruit</p>	<p>21</p> <p>Fishwich Sandwich Roasted Carrots Fresh Fruit</p>	

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

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

Daily Grill
Selections

Monday – Chicken Patty
Tuesday – Twin Hot Dog
Wednesday – Hamburger
Thursday – Spicy Chicken Patty
Friday – Philly Cheese Steak

Menu Subject to Change