

**Piscataway Middle School Menu
May 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.

Travel Chef for Lunch Schor- May 14 & 28 QT May. 15 & 29 C-Mack May . 16 & 30		1 Mac & Cheese Steamed Broccoli Dinner Roll	2 Beef Taco Crunchy Brown Rice Mexican Black Beans	3 Sweet & Sour Chicken Brown Rice Chinese Vegetables
6 Rodeo Burger Sweet Potato Fries	7 Crispy Chicken Bowl Popcorn Chicken Mashed Potato Corn & Gravy	8 Sloppy Joe Sandwich Steamed Broccoli	9 Chicken Fajita With Soft Shell Southwest Black Beans	10 Twin Hot Dogs Green Beans
13 Grilled Cheese Sandwich Sweet Potato Tomato Soup	14 General Tso Chicken Over Brown Rice Pepper & Onion Mix	15 Pasta & Meatballs Dinner Roll Romaine Salad	16 Burrito Bowl Salsa Black Beans & Corn	17 Corn Dog Green Peas
20 Pancakes Turkey Sausage Carrot Coins	21 Cheesy BBQ Chicken Loaded Tots Buttermilk Biscuit Green Beans	22 Chicken Alfredo Steamed Broccoli Breadstick	23 Beef Chili Tortilla Chips Pinto Beans	24 Mediterranean Chicken Gyro Buttered Corn
27 NO SCHOOL MEMORIAL DAY	28 Triple Dipper Buffalo Bites, Pretzel Nuggets & French Fries	29 Pasta w/Meat Sauce Garlic Breadstick Green Beans	30 Cheesy Enchiladas Brown Rice Refried Beans	31 Fish & Chip Basket Buttermilk Biscuit Seasoned Carrots



ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR

Includes a variety of Salad Greens, Carrot & Celery Sticks, Corn and Bean Salads

Plus Fres

h 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