



Tuscarora High School Lunch Menu

October 2019



Chef Metz is Cooking up...
Veggiefest during National School Lunch week celebrating on
Oct 16 - 17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-OCT	2-OCT	3-OCT	4-OCT
	NACHOS GRANDE	SWEDISH MEATBALLS OVER BUTTERED NOODLES	"Breakfast Grill" FRENCH TOAST STICKS WITH SAUSAGE	"BUILD A BURGER BAR"
	CHICKEN QUESADILLA FLATBREAD	SWEDISH MEATBALLS OVER BUTTERED NOODLES	SAUSAGE, EGG, AND CHEESE BAGEL	
	FEATURED VEGGIES: FRESH PICO DE GALLO ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATOES CHICK PEAS SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: HASH BROWN POTATO CHERRY TOMATOES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: OVEN FRIES FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	ASIAN BAR	SPRING CHICKEN SALAD	SPICY TUNA ROLL COMBO	SUPREME PIZZA
7-OCT	8-OCT	9-OCT	10-OCT	11-OCT
CHICKEN NUGGETS W/ DINNER ROLL BUFFALO CHICKEN MAC N CHEESE	Fajita Grill CHICKEN FAJITAS OR STEAK FAJITAS	OVEN ROASTED TURKEY W/ GRAVY W/ DINNER ROLL	TOASTED CHEESE SANDWICH PESTO, MOZZARELLA, & TOMATO GRILLED FLATBREAD	PEPPERONI AND CHEESE CALZONE MADE W/ FRESH DOUGH
FEATURED VEGGIES: GREEN BEANS CURLY FRIES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: FIRE ROASTED CORN SALSA GRILLED RED PEPPERS & ONION CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATOES FRESH BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TOMATO SOUP CURRIED CHICKPEA SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: SAVORY ZOODLES ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	PASTA BAR	CHICKEN CAESAR SALAD	TURKEY AND SPINACH ROLL PLATTER	BUFFALO CHICKEN PIZZA
14-OCT	15-OCT	16-OCT	17-OCT	18-OCT
IN SERVIC DAY	Act 80 day	NATIONAL SCHOOL LUNCH WEEK EGG PLANT STACKER SANDWICH	NATIONAL SCHOOL LUNCH WEEK COCONUT CAULIFLOWER CURRY OR	NATIONAL SCHOOL LUNCH WEEK SPICY BLACK BEAN BURGER
SCHOOLS CLOSED	Veggie Fest National School Lunch Week Promo featuring a Plant Based Menu Option on the main plate line SEE VEGGIE FEST OPTION HIGHLIGHTED IN GREEN	HAWAIIAN BBQ PORK SANWICH W/ PINEAPPLE SLAW FEATURED VEGGIES: STEAMED MIXED VEGGIES FRESH BROCCOLI SALAD CHOICE OF FRUIT CHOICE OF MILK	GENERAL TSO CHICKEN STEAMED RICE FEATURED VEGGIES: STEAMED BROCCOLI GINGER PICKLED CARROTS CHOICE OF FRUIT CHOICE OF MILK	BUFFALO CHICKEN DIP OVER TORTILLA CHIPS FEATURED VEGGIES: STEAMED GARDEN PEAS CILANTRO LIME SLAW CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	BREAKFAST BAR	STRAWBERRY AND SPINACH SALAD	ITALIAN HOAGIE	BREAKFAST PIZZA
21-OCT	22-OCT	23-OCT	24-OCT	25-OCT
"JACKED UP FRIES" BUFFALO CHICKEN OR STEAK W/ TOPPINGS W/ GARLIC BREAD STICK	Ball Park Grill HOT ITALIAN SAUSAGE W/ SAUTEED PEPPER AND ONION HOTDOGS W/ CHILI & CHEESE	TOASTED CHEESE SANDWICH SPICY CHICKEN PATTY SANDWICH	PEPPERONI ROLL-UP IN FRESH DOUGH W/ SAUCE	MAC & CHEESE WITH A BREAD STICK CHEESEBURGER TATER TOT BOWL W/ BREADSTICKS
FEATURED VEGGIES: CRINKLE CUT OVEN FRIES FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS FRSH BABY CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TOMATO SOUP CAESAR SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ZUCCHINI PARM SOUP CHICKPEA SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGETABLES COLE SLAW CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	DELI BAR	GREEK CHICKEN SALAD	CHICKEN SALAD ON PRETZEL ROLL	HAM AND CHEESE PIZZA
28-OCT	29-OCT	30-OCT	31-OCT	
SWEDISH MEATBALLS OVER BUTTERED NOODLES	Asian Noodle Bowl Pork or Chicken w/ Green onions and Chow Mein	BUFFALO CHICKEN DIP OVER TORTILLA CHIPS HAND ROLLED MEATBALLS MARINARA ON TOASTED BAGUETTE	LOADED TOTS LOADED BACON CHEESEBURGER TATER TOT BOWL W DINNER ROLL	ITALIAN HAND BREADED CHICKEN W/ ROLL CHIMICHURRI PORK TACOS W/ FRESH PICO DE GALLO
FEATURED VEGGIES: MASHED POTATOES CHICK PEAS SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STIR-FRIED BOCCOLI CUCUMBER SALAD CHOICE OF MILK	FEATURED VEGGIES: STEAMED GARDEN PEAS CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS ROMAINE SALAD CHOICE OF MILK	FEATURED VEGGIES: CHEESY CARROT CASSEROLE CILANTRO LIME SLAW CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	MAC N CHEESE BAR	SWEET N SAVORY KALE SALAD	BAVARIAN ROLL PLATTER	BREAKFAST PIZZA
Student Paid Lunch \$2.70 Student Reduced Lunch \$0.40 Adult Lunch \$3.85				
To make a deposit or view your child's account visit www.myschoolbucks.com				

What is a Meal?

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, & cabbage.

Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:

Cheeseburger/Hamburger on a Bun
Chicken Patty/Grilled Chicken on a Bun

Cheese or Pepperoni Pizza
Specialty Pizza of the Day

Crispy Chicken, Chef's, or Chopped Garden Salad, or Specialty Salads served with Dinner Roll

WEEKLY OFFERINGS INCLUDE:

PASTA BAR

ASIAN BAR

DELI BAR

TACO BAR

BREAKFAST BAR

MAC N CHEESE BAR

Alternating Grab and Go Sandwiches, Hoagies, Wraps & Pafaits

Contact Info

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