



# Tuscarora Middle School Lunch Menu

## September 2019



Chef Metz is Cooking up...  
Back to Football Season Wing Bar  
Sept 6!



MONDAY 2-SEP	TUESDAY 3-SEP	WEDNESDAY 4-SEP	THURSDAY 5-SEP	FRIDAY 6-SEP
LABOR DAY	"BUILD A BURGER BAR"	HOT HAM AND CHEESE PRETZEL	GENERAL TSO CHICKEN OVER RICE	<b>ARE YOU READY FOR SOME FOOTBALL??!!</b> HOT WING BAR FEATURING BONE-IN OR BONELESS WINGS W/ ROLL CHOICE OF 3 WING SAUCES
SCHOOLS CLOSED	FEATURED VEGGIES: OVEN FRIES FRESH RED PEPPER STRIPS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI TOMATO WEDGES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ROASTED ZUCCHINI CILANTRO LIME SLAW CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: CURLY FRIES CARROT/CELERY STICKS W/ RANCH CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED		TUNA SALAD, SALAD	NACHO CRAVEABLE	TURKEY AND BACON SALAD
9-SEP "JACKED UP FRIES" BUFFALO CHICKEN OR STEAK W/ TOPPING W/ GARLIC BREAD STICK	10-SEP SWEDISH MEATBALLS OVER BUTTERED NOODLES	11-SEP HOME-MADE MAC N CHEESE WITH A BREAD STICK HAND-/BREADED ITALIAN CHICKEN W/ BREADSTICK	12-SEP PEPPERONI AND CHEESE CALZONE W/ FRESH DOUGH AND SAUCE	13-SEP DELI BAR
FEATURED VEGGIES: CRINKLE CUT OVEN FRIES FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATOES CARROT AND RAISIN SALAD CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGETABLES GLAZED CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ZOODLES W/ MARINARA SIDE CAESAR SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: VEGETABLE SOUP W/ CRACKERS SIDE GARDEN SALAD CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED		STEAK SALAD	WALKING TACO CRAVEABLE	HAM AND CHEESE PIZZA
16-SEP POPCORN CHICKEN W/ BUTTERED NOODLES CORN DOG	17-SEP <u>Cheesesteak Grill</u> STEAK OR CHICKEN CHEESE-STEAK ON STEAK ROLL W/ GRILLED PEPPERS & ONIONS	18-SEP BUFFALO CHICKEN DIP OVER TORTILLA CHIPS HONEY BBQ PULLED PORK ON A BUN	19-SEP ASIAN NOODLE BOWL W/ PORK OR CHICKEN	20-SEP BREAKFAST BAR
FEATURED VEGGIES: SHOESTRING FRIES CILANTRO LIME SLAW CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS FRSH BABY CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: CHEESY CARROT CASSEROLE FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: HASHBROWN CASSEROLE BROCCOLI SALAD BANANA PUDDING CHOICE OF MILK
WEEKLY FEATURED		CHOPPED GARDEN SALAD	BREADSTICK DIPPER CRAVEABLE	BREAKFAST PIZZA
23-SEP TOASTED CHEESE SANDWICH	24-SEP TOASTED PIZZA QUESADILLA ON FLATBREAD	25-SEP "JACKED UP FRIES" BUFFALO CHICKEN OR CHIMMICHURRI PORK W/ GARLIC BREAD STICK	26-SEP ROCKET BOWL W/ FRESH BAKED ROLL	27-SEP MAC N CHEESE BAR CHOICE OF CHEESE, PROTEIN AND OTHER HOT TOPPINGS
TOASTED CHEDDAR CHEESESTEAK ON FLATBREAD	SPICY CHICKEN PATTY SANDWICH	FEATURED VEGGIES: STEAMED MIXED VEGGIES FRENCH FRIES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATO & CORN FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ROASTED BROCCOLI STEWED TOMATOES CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED		CHEF'S SALAD	TURKEY AND BACON HOAGIE	CHEESY PIZZA
30-SEP POPCORN CHICKEN W/ BUTTERED NOODLES HOT TURKEY AND CHEESE ON A PRETZEL ROLL	1-OCT	2-OCT	3-OCT	4-OCT
FEATURED VEGGIES: PEAS FRESH BABY CARROTS CHOICE OF FRUIT CHOICE OF MILK				
WEEKLY FEATURED		SPRING CHICKEN SALAD	TURKEY AND BACON WRAP	SUPREME PIZZA

**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

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