



Punxsutawney Area School
District
February 2019

High School
Lunch Menu
Grades 7-12

FULL STUDENT LUNCH CONSISTS OF AN ENTRÉE (MEAT/MEAT ALTERNATE WITH A GRAIN COMPONENT) 2 VEGETABLE SIDES, 2 FRUIT SIDES AND CHOICE OF 1% OR FAT FREE MILK. STUDENT MUST TAKE A FRUIT OR VEGETABLE TO COMPLETE THE MEAL. MENU SUBJECT TO CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Try out our new interactive food tray on www.schoolcafe.com. You can make a tray from the menu of the day to see nutritional information.</p>				1
4 Mid Winter Vacation No School	5 Twisted Stuffed Breadstick w/Marinara Sauce Tossed Salad Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice	6 BBQ Pulled Pork on Kaiser Roll Baked Beans Sweet Potato Fries Assorted Fresh Fruit Mandarin Oranges Assorted Juice	7 Walking Taco w/Roll Lettuce, Salsa & Sour Cream Green Beans Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice	8 Buffalo Chicken Patty Sandwich Corn Celery Sticks w/Dip Assorted Fruit Assorted Juice Apple Crisp 9-12 only
11 Chicken Nuggets w/Roll Mashed Potatoes w/Gravy Tender Carrots Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice	12 Grilled Cheese Sandwich Tomato Soup Veggie Sticks w/Dip Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice	13 Cuban Panini Baked Beans Twirl Fries Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice	14 Loaded Fries w/Choice of BBQ Pulled Pork or Buffalo Chicken Sweet Peas Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice	15 Hot Turkey Sandwich French Fries w/Gravy Tender Carrots Vegetable Bar Assorted Fruit Assorted Juice
18 Sausage Sliders Hashbrown Rounds Cucumber Slices w/Dip Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice	19 Popcorn Chicken w/Roll Mashed Potatoes w/Gravy Green Beans Vegetable Bar Assorted Fresh Fruit Pears Fresh Grapes Assorted Juice	20 French Toast Sticks w/Syrup Sausage Patties Tri-Tators Cucumber Slices w/Dip Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice	21 The Cowboy Burger BBQ Baked Beans California Vegetables Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice	22 Chicken & Cheese Quesadilla w/Salsa Refried Beans Corn Vegetable Bar Assorted Fruit Assorted Juice
28 Italian Flatbread w/ Marinara Sauce Roasted Red Potatoes Broccoli Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice	29 Boneless Buffalo Wings Asian Rice Side Salad Tender Corn Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice	30 Slow Roasted Roast Beef w/Biscuit Mashed Potatoes w/Gravy Glazed Carrots Assorted Fresh Fruit Mandarin Oranges Assorted Juice Jello 7-12	31 Beef Teriyaki Bites w/Pasta Dinner Roll Green Beans Baked Beans Assorted Fresh Fruit Strawberries & Bananas Assorted Juice	



*** All students eat breakfast & lunch at no cost! ***



No form is needed.

ALSO IN THE FOOD COURT!

<p>MONDAY: FOUR MEAT PIZZA, GRILLED OR CRUNCHY CHICKEN PATTY SANDWICH, SALAD BAR, PASTA BAR</p>	<p>TUESDAY: THE BIG KAHUNA, HAMBURGERS, CHEESEBURGERS, BACON CHEESEBURGERS, YOGURT BAR, ASIAN BAR</p>	<p>WEDNESDAY: THE GOLIATH PIZZA, GRILLED OR CRUNCHY CHICKEN PATTY SANDWICH, SALAD BAR, HOT DOG BAR</p>	<p>THURSDAY: THE BIG KAHUNA, HAMBURGERS, CHEESEBURGERS, BACON CHEESEBURGERS, SALAD BAR, MEXICAN BAR</p>	<p>FRIDAY: BUFFALO CHICKEN PIZZA, GRILLED OR CRUNCHY CHICKEN PATTY SANDWICH, YOGURT BAR, MTO BAR</p>
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