



Punxsutawney Area School District
September 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>2</p> <p>Labor Day</p>	<p>3</p> <p>Twisted Stuffed Breadsticks w/Marinara Sauce Side Salad w/Dressing</p> <p>Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>4</p> <p>BBQ Pulled Pork Sandwich Baked Beans Sweet Potato Fries</p> <p>Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>5</p> <p>Walking Taco w/toppings Dinner Roll</p> <p>Green Beans Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>6</p> <p>Hot n' Spicy Chicken Patty Sandwich Sweet Corn Veggie Sticks w/Dip Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>9</p> <p>Chicken Nuggets w/Roll Mashed Potatoes w/Gravy Tender Carrots Vegetable Bar</p> <p>Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>10</p> <p>Grilled Cheese Sandwich Tomato Soup Veggie Sticks w/Dip Vegetable Bar Assorted Fresh Fruit Pears Fresh Grapes Assorted Juice</p>	<p>11</p> <p>Cuban Panini Baked Beans Twirl Fries</p> <p>Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>12</p> <p>Loaded Fries w/Choice of BBQ Pulled Pork or Buffalo Chicken Sweet Peas Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>13</p> <p>Meatball & Cheese Sub Deli Roasted Potatoes Tender Broccoli</p> <p>Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>16</p> <p>Italian Sampler Platter w/Marinara Sauce Sweet Corn Cucumbers w/Dip</p> <p>Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>17</p> <p>Popcorn Chicken w/Roll Mashed Potatoes w/Gravy Green Beans Vegetable Bar Assorted Fresh Fruit Pears Fresh Grapes Assorted Juice</p>	<p>18</p> <p>French Toast Sticks w/Syrup Sausage Patties Tri-Tators Cucumber Slices w/Dip Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>19</p> <p>The Cowboy Burger BBQ Baked Beans California Vegetables Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>20</p> <p>Chicken & Cheese Quesadilla w/Salsa Refried Beans Sweet Corn Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>23</p> <p>Italian Flatbread w/Marinara Sauce Deli Roasted Potatoes Tender Broccoli</p> <p>Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>24</p> <p>Butter & Garlic Wings w/Pasta Salad Tossed Salad Sweet Corn Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice</p>	<p>25</p> <p>Slow Roasted Roast Beef w/Biscuit Mashed Potatoes & Gravy Tender Carrots Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>26</p> <p>Beef Teriyaki Bites Seasoning Pasta Green Beans Baked Beans Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>27</p> <p>Macaroni & Cheese w/Roll Glazed Carrots Tender Broccoli</p> <p>Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>30</p> <p>Twisted Stuffed Breadsticks w/Marinara Sauce Side Salad w/Dressing</p> <p>Assorted Fresh Fruit Peaches Assorted Juice</p>				<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>



*** 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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