



# Tuscarora Middle School Lunch Menu

## October 2019



Chef Metz is Cooking up...  
Veggie Fest for National School  
Lunch Week on Oct 16 - 18th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-OCT	2-OCT	3-OCT	4-OCT
	ASIAN NOODLE BOWL CHOICE OF CHICKEN OR PORK	ITALIAN DUNKERS WITH SAUCE HAND-BREADED, ITALIAN BAKED CHICKEN W/ BISCUIT	"Breakfast Grill" FRENCH TOAST STICKS WITH SAUSAGE HAM EGG AND CHEESE BAGEL	ASIAN BAR
	FEATURED VEGGIES: STEAMED BROCCOLI CUCUMBER SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: CHEESY CARROT CASSEROLE ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: HASH BROWN POTATO CHERRY TOMATOES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STIR FRIED VEGGIES CILANTRO LIME COLESLAW MANDARIN ORANGES CHOICE OF MILK
WEEKLY FEATURED	SPRING CHICKEN SALAD		TURKEY AND BACON WRAP	SUPREME PIZZA
7-OCT	8-OCT	9-OCT	10-OCT	11-OCT
CHICKEN NUGGETS W/ DINNER ROLL BUFFALO CHICKEN MAC N CHEESE	Tater Tot Bowls CHEESEBURGER OR SWEET CHILI PORK & DINNER ROLL	OVEN ROASTED TURKEY W/ GRAVY W/ DINNER ROLL	WAVE GRILLE TOASTED CHEESE SANDWICH PESTO, MOZZARELLA, & TOMATO GRILLED FLATBREAD	PASTA BAR
FEATURED VEGGIES: GREEN BEANS CURLY FRIES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED GARDEN PEAS RED PEPPER STRIPS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATOES FRESH BABY CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TOMATO SOUP CHICKPEA SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	7 LAYER SALAD		PB & J CRAVEABLE	BUFFALO CHICKEN PIZZA
14-OCT	15-OCT	16-OCT	17-OCT	18-OCT
TEACHER IN-SERVICE	Act 80 Day Veggie Fest	BUFFALO CHICKEN DIP W/ TORTILLA CHIPS	GENERAL TSO CHICKEN OVER RICE	SALAD BAR W/ CHOICE OF SPRING MIX OR ROMAINE BLEND
SCHOOLS CLOSED	National School Lunch Week Promo featuring a Plant Based Menu Option on the main plate line SEE VEGGIE FEST OPTION HIGHLIGHTED IN GREEN	EGG PLANT STACKER SANDWICH W/ MELTED MOZZARELLA FEATURED VEGGIES: ZOODLES MARINARA TOMATO WEDGES CHOICE OF FRUIT CHOICE OF MILK	SPICY BLACK BEAN BURGER FEATURED VEGGIES: STEAMED BROCCOLI CILANTRO LIME SLAW CHOICE OF FRUIT CHOICE OF MILK	& GARLIC BREADSTICK FEATURED SALAD TACO SALAD FEATURED VEGGIE FRESH PICO DE GALLO CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	TUNA SALAD, SALAD		NACHO CRAVEABLE	TURKEY AND BACON SALAD
21-OCT	22-OCT	23-OCT	24-OCT	25-OCT
"JACKED UP FRIES" BUFFALO CHICKEN OR STEAK W/ TOPPINGS W/ GARLIC BREAD STICK	 SWEDISH MEATBALLS OVER BUTTERED NOODLES	HOME-MADE MAC N CHEESE WITH A BREAD STICK HAND-/BREADED ITALIAN CHICKEN W/ BREADSTICK	PEPPERONI AND CHEESE CALZONE W/ FRESH DOUGH AND SAUCE	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 FRUIT 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
28-OCT	29-OCT	30-OCT	31-OCT	1-NOV
POPCORN CHICKEN W/ BUTTERED NOODLES CORN DOG	Cheesesteak Grill STEAK OR CHICKEN CHEESE-STEAK ON STEAK ROLL W/ GRILLED PEPPERS & ONIONS	BUFFALO CHICKEN DIP OVER TORTILLA CHIPS HONEY BBQ PULLED PORK ON A BUN	 ASIAN NOODLE BOWL W/ PORK OR CHICKEN	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
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 <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>				

### 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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