



Tuscarora High 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"	HONEY BBQ PULLED PORK SANDWICH	GENERAL TSO CHICKEN OVER RICE	ARE YOU READY FOR SOME FOOTBALL??!! HOT WING BAR FEATURING BONE-IN OR BONELESS WINGS W/ ROLL CHOICE OF 3 WING SAUCES
SCHOOLS CLOSED	FEATURED VEGGIES: BAKED BEANS CHEESY CARROT CASSEROLE CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGGIES FRESH BROCCOLI SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BANGIN SHRIMP SALAD W/ DINNER ROLL STEAMED BROCCOLI 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	BREAKFAST BAR	STRAWBERRY AND SPINACH SALAD	ITALIAN HOAGIE	BREAKFAST PIZZA
9-SEP	10-SEP	11-SEP	12-SEP	13-SEP
"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 MILK	FEATURED VEGGIES: TOMATO SOUP CAESAR SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ZOODLES MARRINARA 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
16-SEP	17-SEP	18-SEP	19-SEP	20-SEP
SWEDISH MEATBALLS OVER BUTTERED NOODLES	Asian Noodle Bowl Pork or Chicken w/ Green onions and Chow Mein	BUFFALO CHICKEN DIP OVER TORTILLA CHIPS CURRY CHICKEN OVER RICE W/ FRESH TOMATO AND CUCUMBER	LOADED TOTS LOADED BACON CHEESEBURGER TATER TOT BOWL W DINNER ROLL	POPCORN CHICKEN W/ BUTTERED NOODLES CHIMICHURRI PORK TACOS W/ FRESH PICO DE GALLO
FEATURED VEGGIES: MASHED POTATOES CHICK PEA SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STIR-FRIED BOCCOLI CUCUMBER SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED GARDEN PEAS CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS ROMAINE SALAD CHOICE OF FRUIT 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
23-SEP	24-SEP	25-SEP	26-SEP	27-SEP
TOASTED CHEESE SANDWICH ITALIAN DUNKERS W/ SAUCE	HOME-MADE CHICKEN NOODLE SOUP W/ ROLL PEPPERONI PIZZA BAGEL	"JACKED UP FRIES" BUFFALO CHICKEN OR STEAK W/ TOPPINGS W/ GARLIC BREAD STICK	ROCKET BOWL W/ FRESH BAKED ROLL	MAC & CHEESE WITH A BREAD STICK SPICY CHICKEN PATTY SANDWICH
FEATURED VEGGIES: TOMATO SOUP CURRIED CHICKPEA SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: CRINKLE CUT OVEN FRIES FRESH GARDEN SIDE SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATO & CORN FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEWED TOMATOES ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED	TACO BAR	7 LAYER SALAD	TACO CHICKEN ROLL PLATTER	CHEESY PIZZA
30-SEP	1-OCT	2-OCT	3-OCT	4-OCT
POPCORN CHICKEN W/ BUTTERED NOODLES HOT HAM AND CHEESE ON A PRETZEL ROLL				
FEATURED VEGGIES: PEAS FRESH BABY CARROTS CHOICE OF FRUIT CHOICE OF MILK				
WEEKLY FEATURED	ASIAN BAR	SPRING CHICKEN SALAD	SPICY TUNA ROLL COMBO	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 & Pafalits

Contact Info
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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