



Punxsutawney Area School
District
January 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>	<p>Happy New Year!</p>	<p>1 Boneless Buffalo Wings Asian Rice Side Salad Tender Corn Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice</p>	<p>2 Beef Teriyaki Bites w/Pasta Dinner Roll Green Beans Baked Beans Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>3 Macaroni & Cheese w/Dinner Roll Tender Carrots Broccoli Assorted Fruit Assorted Juice Jello 9-12 only</p>
<p>7 Twisted Stuffed Breadstick w/Marinara Sauce Tossed Salad Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>8 Stuffed Shells w/Garlic Breadstick Tossed Salad Glazed Carrots Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice</p>	<p>9 BBQ Pulled Pork on Kaiser Roll Baked Beans Sweet Potato Fries Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>10 Walking Taco w/Roll Lettuce, Salsa & Sour Cream Green Beans Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>11 Buffalo Chicken Patty Sandwich Corn Celery Sticks w/Dip Assorted Fruit Assorted Juice Apple Crisp 9-12 only</p>
<p>14 Chicken Nuggets w/Roll Mashed Potatoes w/Gravy Tender Carrots Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>15 Grilled Cheese Sandwich Tomato Soup Veggie Sticks w/Dip Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice</p>	<p>16 Cuban Panini Baked Beans Twirl Fries Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>17 Loaded Fries w/Choice of BBQ Pulled Pork or Buffalo Chicken Sweet Peas Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>18 Hot Turkey Sandwich French Fries w/Gravy Tender Carrots Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>21 Teacher In-Service No School</p>	<p>22 Popcorn Chicken w/Roll Mashed Potatoes w/Gravy Green Beans Vegetable Bar Assorted Fresh Fruit Pears Fresh Grapes Assorted Juice</p>	<p>23 French Toast Sticks w/Syrup Sausage Patties Tri-Tators Cucumber Slices w/Dip Vegetable Bar Assorted Fresh Fruit Mandarin Oranges Assorted Juice</p>	<p>24 The Cowboy Burger BBQ Baked Beans California Vegetables Vegetable Bar Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</p>	<p>25 Chicken & Cheese Quesadilla w/Salsa Refried Beans Corn Vegetable Bar Assorted Fruit Assorted Juice</p>
<p>28 Italian Flatbread w/ Marinara Sauce Roasted Red Potatoes Broccoli Vegetable Bar Assorted Fresh Fruit Peaches Assorted Juice</p>	<p>29 Boneless Buffalo Wings Asian Rice Side Salad Tender Corn Vegetable Bar Assorted Fresh Fruit Pears Assorted Juice</p>	<p>30 Slow Roasted Roast Beef w/Biscuit Mashed Potatoes w/Gravy Glazed Carrots Assorted Fresh Fruit Mandarin Oranges Assorted Juice Jello 7-12</p>	<p>31 Beef Teriyaki Bites w/Pasta Dinner Roll Green Beans Baked Beans Assorted Fresh Fruit Strawberries & Bananas Assorted Juice</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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