

Williamsport Area Middle School Lunch Menu April 2017



Food Service Director: Patty Webster wp1nutrition@wasd.org
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	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The Grille</p> <p>May Include Daily: Grilled Chicken Sandwich Cheeseburger on a Bun Breaded Chicken Sandwich Hamburger on a Bun</p>	<p>4/3 Hot Ham & Cheese Melt on a Pretzel Bun Baked French Fries Mandarin Oranges Fat Free Milk</p>	<p>4/4 Cheese Steak Wrap Lettuce & Tomato Steamed Cauliflower Chilled Pineapple Fat Free Milk</p>	<p>4/5 Beef & Cheese Nachos w/Tortilla Chips & Dinner Roll Steamed Corn Mixed Fruit Cup Fat Free Milk</p>	<p>4/6 Sweet n Spicy BBQ Chicken Bowl Dinner Roll Steamed Broccoli Sliced Pears Fat Free Milk</p>	<p>4/7 Macaroni & Cheese Dinner Roll Sweet Peas Fresh Orange Wedges Low Fat Milk</p>	<p>The Deli</p> <p>May Include Daily: Spicy Italian Hoagie/Wrap Buffalo Chicken Hoagie/Wrap Turkey and Cheese Hoagie/Wrap Ham & Cheese Hoagie/Wrap Tuna Salad Hoagie/Wrap</p>
<p>The Garden</p> <p>May Include Daily: Roast Turkey & Cheese Salad Chicken Caesar Salad Garden Salad with Cheese Chef Salad</p>	<p>4/10 "Brunch for Lunch" French Toast Sticks Turkey/Pork Sausage Patties Crispy Tater Tots Cinnamon Applesauce Fat Free Milk</p>	<p>4/11 Orange Kissed Chicken Bowl (Sweet n Sour Chicken) Steamed Broccoli Diced Peaches Fat Free Milk</p>	<p>4/12 No School Spring Break!</p>	<p>4/13 No School Spring Break!</p>	<p>4/14 No School Spring Break!</p>	<p>Accompaniments</p> <p>*Vegetable Bar includes: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber</p> <p>*Fruits include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce</p> <p>*May choose two 1/2 cup servings</p> <p>*May choose one 1/2 cup servings</p>
<p>The Pizzeria</p> <p>May Include Daily: Hot Buffalo Chicken Pizza Pepperoni Pizza Cheese Pizza</p>	<p>4/17 Breaded Fish Sandwich Baked French Fries Fresh Orange Wedges Fat Free Milk</p>	<p>4/18 Grilled Cheese Sandwich w/Tomato Soup Steamed Green Beans Mixed Up Fruit Cup Fat Free Milk</p>	<p>4/19 Macaroni & Cheese Dinner Roll Stewed Tomatoes Diced Pears Fat Free Milk</p>	<p>4/20 "Recipe of the Month" Vegetable Lasagna Dinner Roll Steamed Cauliflower Pineapple Tidbits Fat Free Milk</p>	<p>4/21 Spaghetti w/Meat Sauce Garlic Bread Sweet Peas Apple Slices Fat Free Milk</p>	
	<p>4/24 Saucy Meatball Hoagie w/Cheese Mixed Vegetables Mandarin Oranges Fat Free Milk</p>	<p>4/25 Hot Turkey & Gravy over Fresh Bread Slices Mashed Potatoes Diced Peaches w/Topping Fat Free Milk</p>	<p>4/26 Beef & Cheese Nachos w/Tortilla Chips & Dinner Roll Crispy Green Beans Mixed Up Fruit Cup Fat Free Milk</p>	<p>4/27 Popcorn Chicken Bowl w/Corn & Mashed Potatoes Dinner Roll Rosy Applesauce Fat Free Milk</p>	<p>4/28 "Brunch for Lunch" Golden Pancakes w/Syrup Turkey/Pork Sausage Patties Crispy Tater Tots Fresh Orange Slices Fat Free Milk</p>	
<p>Grab & Go</p> <p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p> <p>Peanut Butter & Jelly available daily!</p>				<p>Visit SchoolCafe.com to make online payments and to view student accounts.</p>		
<p>Options</p>	<p>Fresh Produce from Local Farms</p>		<p>Please make checks payable to: "WASD Food Service"</p> <p><i>MENUS SUBJECT TO CHANGE</i></p>	<p>Whole Grains Available Daily</p>		<p>Milk</p> <p>Milk Choices Offered Daily: 1% white, non-fat white, non-fat flavored</p> <p>Proud to manage your food service program</p> <p>The Nutrition Group</p> <p>Lunch Prices: Paid \$2.70 Reduced \$.40 Adult \$3.95 Milk \$.50</p> <p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>