



MIDDLE SCHOOL



OCTOBER

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Pumpkin, Blueberry or Banana Bread Slice	Breakfast Entrée Grab N Go Maple Waffle	Breakfast Entrée Assorted Benefit Bar	Breakfast Entrée Pizza Bagel	Breakfast Entrée Egg & Cheese Omelet w/ Toast Slice
Choose 2 of the following Daily Breakfast Alternatives Assorted Cereal, Mini Loaves, Assorted WG Muffin, Yogurt (limit 1), Cheese Stick, WG crackers, Poptart (limit 1)				
MAIN ENTRÉE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022 Mini Corn Dog Nuggets (6) w/ WG Roll OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/4/2022 Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/5/2022 Ram Griddle Sausage, Egg & Cheese on Pancake OR Daily alternative Vegetable of the day Tater Tots Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/6/2022 General Tso Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/7/2022 French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/10/2022 Stuffed Cheese Cannelloni Bake w/ WG Roll OR Daily alternative Vegetable of the day Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/11/2022 Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/12/2022 French Toast Sticks w/ Sausage Patty OR Daily alternative Vegetable of the day Hashbrown Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/13/2022 Nachos Grande OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/14/2022 Buffalo Chicken Pizza OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/17/2022 Macaroni & Cheese w/ Pretzel Stick OR Daily alternative Vegetable of the day Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/18/2022 Double Dog Day w/ WG Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/19/2022 Baked Potato Bar Taco Meat, Cheese Sauce, Broccoli w/ Breadstick OR Daily alternative Vegetable of the day Baked Potato/Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/20/2022 Orange Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/21/2022 Stuffed Crust Pizza OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/24/2022 Cheese Ravioli w/ Marinara w/ Garlic Knot OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/25/2022 Hot Italian Hoagie OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/26/2022 Walking Taco OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/27/2022 Pierogies w/ WG Roll OR Daily alternative Vegetable of the day POTATO ASSORTMENT Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/28/2022 Pizza Sticks w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/31/2022 Chicken Alfredo w/ Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	11/1/2022 Grilled Chicken Sandwich on WG OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/2/2022 Hot Ham & Cheese on Pretzel Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/3/2022 Chicken Soft Tacos (2) w/ Cheddar Cheese OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/4/2022 Fiesta Pizza OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
Food Service Director: swaffersmith@goldensprings.com				
Menu Subject to Change				
This institution is an equal opportunity provider and employer				

Daily Breakfast consist of 1 Main Entrée with fruit and or juice and milk OR Daily Breakfast Alternative *Choose 2* WITH 1/2 C fruit and/or juice and milk to make a complete meal



DAILY LUNCH ALTERNATIVES

Chef or Vegetable Salad w/ WG Roll
Pizza- Pepperoni or Cheese
M-W-F Deli Sandwich
Ham or Turkey & Cheese
T-Th Smuckers Peanut Butter & Jelly or Wow butter

YOGURT PARFAITS W/ CHEESE STICK & GRANOLA OR HUMMUS W/ VEGETABLES AND PITA

What is a Meal?
Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

****STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE**

Weekly Vegetable Subgroups May Include:
Dark Green: Spinach, broccoli, romaine, and spring salad
Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
Legumes: Beans
Starchy: Potatoes, corn, peas, lima beans
Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers



ALA CARTE PRICE FOR MILK \$.65
A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS 724-226-2400 xt. 4180



"ROOT FOR POTATOES"
COME CELEBRATE PA PREFERRED DAYS IN YOUR CAFETERIA ON OCTOBER 27TH!
SENATOR WILLIAMS WILL BE JOINING HIGHLANDS MIDDLE SCHOOL FOR LUNCH
SWEET POTATO PIE, ROASTED PARSLEY POTATOES, SMASHED POTATOES
LEARN ABOUT ROOT VEGETABLES AND LOCAL FARMING