



**WARRIOR RUN SCHOOL DISTRICT
Middle School
Middle School MENU
March 2022**

**Complete meals are FREE for ALL students during
the 2021-2022 school year!**

***MENU SUBJECT TO CHANGE*
*This institution is an equal opportunity provider**

***FUEL UP WITH BREAKFAST!**

*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2:
FRUIT/JUICE/VEGGIE
*CHOOSE YOUR MILK:
1% & FAT FREE MILK CHOICES

***BUILD A HEALTHY LUNCH!**

*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2 VEGGIES/
VEGGIE SALADS
*CHOOSE 1 FRUIT
*CHOOSE YOUR MILK:
1% & FAT FREE MILK CHOICES

**MY
SCHOOL
BUCKS**



Weekly Breakfast Menu

Monday

Breakfast Pizza



Tuesday

Variety of Pancakes



Wednesday

French Toast Sticks



Thursday

Breakfast Sandwich



Friday

Mini Waffles



















Available Daily at Breakfast

*Cold Cereal
*1% & Fat Free Milk Choices
*100% Fruit Juices

AVAILABLE DAILY AT LUNCH:

*Uncrustables
*Anyt!mers
*Variety of Salads
*Yogurt parfait
*Variety of Tasty and Healthy
Fruits & Vegetables

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 <u>LUNCH</u> Chicken Nuggets w/ a Biscuit Steamed Broccoli Variety of Vegetables and Fruit Variety of Milk</p> 	<p>1 <u>LUNCH</u> Pork Loin and Mashed Potatoes w/ a Dinner Roll Variety of Vegetables and Fruit Variety of Milk</p>  	<p>2 <u>LUNCH</u> Grilled Cheese and Tomato Soup Variety of Vegetables and Fruit Variety of Milk</p>  	<p>3 <u>LUNCH</u> School-Made Macaroni and Cheese Buttered Peas Variety of Vegetables and Fruit Variety of Milk</p>  	<p>4 <u>LUNCH</u> Defender Burger Green Beans Side Kicks Variety of Vegetables and Fruit Variety of Milk</p>   
<p>7 <u>LUNCH</u> Cheesy Nachos w/ Beef Re-fried Beans Variety of Vegetables and Fruit Variety of Milk</p> 	<p>8 <u>LUNCH</u> Hot Diggity Dog Broccoli Slaw Variety of Vegetables and Fruit Variety of Milk</p>  	<p>9 <u>BREAKFAST</u> Fresh-Off the Griddle Pancakes! <u>LUNCH</u> Pasta and Meat Sauce Garlic Toast Roasted Zucchini Variety of Vegetables and Fruit Variety of Milk</p>  	<p>10 <u>LUNCH</u> Beef Tater Tot-Chos w/ Cornbread Steamed Carrots Variety of Vegetables and Fruit Variety of Milk</p> 	<p>11 NO SCHOOL FOR STUDENTS</p>

PA Harvest of the Month
for March



Menu Allergens



Dairy



Gluten



Egg



Peanuts



Seafood

14

**NO SCHOOL FOR
STUDENTS**



15

LUNCH

Chicken Patty
Sandwich
Buttered Carrots
Variety of Vegetables
and Fruit
Variety of Milk



16

LUNCH

Pizza Bake
Ranch Roasted
Cauliflower
Variety of Vegetables
and Fruit
Variety of Milk



17

LUNCH

French Toast Sticks and
Sausage
Hashbrown
**Happy St. Patrick's Day
Green Sugar Cookies**
Variety of Vegetables
and Fruit
Variety of Milk



18

LUNCH

Build-A-Burger
Baked Beans
Jell-O- Fruit Dessert
Variety of Vegetables
and Fruit
Variety of Milk



21

LUNCH

Quesadilla
Buttered Corn
Variety of Vegetables
and Fruit



22

LUNCH

School made Pizza
Crispy Mozzarella
Sticks
Ranch Roasted Brussel
Sprouts
Variety of Vegetables
and Fruit
Variety of Milk



23

LUNCH

Corn Dog Nuggets
Potato Puffs
Variety of Vegetables
and Fruit
Variety of Milk



24

LUNCH

Chicken Tenders w/
Biscuit
Steamed Broccoli
Variety of Vegetables
and Fruit
Variety of Milk



25

LUNCH

Cheese Steak
Sandwich
Sweet Potato Fries
Baked Peach Crisp
Variety of Vegetables
and Fruit
Variety of Milk



*Lunch Munchable:
Chicken Salad Tortilla*

LUNCH NOTES

Additional Fruits available daily may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges

Additional Veggies available daily may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape Tomatoes, Mixed Pepper Strips

QUESTIONS?

Call our Food & Nutrition
Services Office
(570) 649-2005

*Pre-Pay online at
myschoolbucks.com

