

WARRIOR RUN SCHOOL DISTRICT Middle School Middle School MENU

March 2022

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

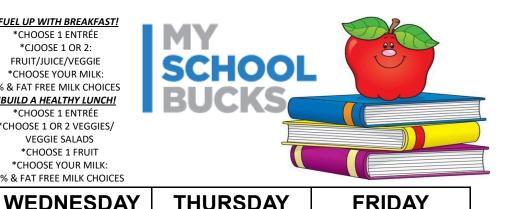
MENU SUBJECT TO CHANGE *This institution is an equal opportunity provider

*FUEL UP WITH BREAKFAST!

*CHOOSE 1 ENTRÉE *CJOOSE 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



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

28 **LUNCH**

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

MONDAY

LUNCH

Pork Loin and Mashed Potatoes w/ a Dinner Roll Variety of Vegetables and Fruit Variety of Milk

TUESDAY

LUNCH

Grilled Cheese and **Tomato Soup** Variety of Vegetables and Fruit Variety of Milk

LUNCH

School-Made Macaroni and Cheese **Buttered Peas** Variety of Vegetables and Fruit Variety of Milk

LUNCH

Defender Burger Green Beans Side Kicks Variety of Vegetables and Fruit Variety of Milk

















LUNCH

Cheesy Nachos w/ Beef Re-fried Beans Variety of Vegetables and Fruit Variety of Milk

LUNCH

Hot Diggity Dog **Broccoli Slaw** Variety of Vegetables and Fruit Variety of Milk

BREAKFAST

Fresh-Off the Griddle Pancakes! **LUNCH**

Pasta and Meat Sauce **Garlic Toast** Roasted Zucchini Variety of Vegetables and Fruit Variety of Milk

10 LUNCH

Beef Tater Tot-Chos w/ Cornbread Steamed Carrots Variety of Vegetables and Fruit Variety of Milk

11

NO SCHOOL FOR **STUDENTS**













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

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



22



LUNCH









Variety of Milk







21 **LUNCH**

Quesadilla **Buttered Corn** Variety of Vegetables and Fruit

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:









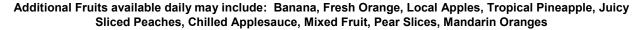












Additional Veggies available daily may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape Tomatoes, Mixed Pepper Strips

QUESTIONS? Call our Food & Nutrition Services Office (570) 649-2005 *Pre-Pay online at myschoolbucks.com

