

One complete lunch meal daily is free for all Pasadena USD students  
 \$4.75 for Adults and 2<sup>nd</sup> complete lunch meals  
 Milk or Juice only is \$.50

# **PUSD Middle School Lunch**

## **May 2024**

PUSD Menus are nut free.

\*Non-Meat Item

Menu is subject to change

<b>Week 1</b>	<b>Featured day of the week Entree with daily vegetable and fruit offerings</b>
May 1 – 3 May 20 - 24	<b>Monday – *Yogurt Fruit Parfait offered w/ Broccoli, Baby Carrots, Whole Pear and Applesauce</b> <b>Tuesday – *Italian Cheesy Bread w/ Marinara Sauce offered w/ Green Beans, Baby Carrots, Seasonal Fruit and Applesauce</b> <b>Wednesday – Chicken Teriyaki over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce</b> <b>Thursday – Chicken or *Plant Based Chicken Caesar Salad offered w/ Pinto Beans, Veggie Juice Box, Fruit Cup and Applesauce</b> <b>Friday – Fish Soft Tacos (2) offered w/ Potato Wedges, Baby Carrots, Banana and Applesauce</b> - Pepperoni, Cheese or *Veggie Pizza are served daily all this week 1 -
<b>Week 2</b>	<b>Featured day of the week Entree with daily vegetable and fruit offerings</b>
May 6 – 10 May 28 - 31	<b>Monday – Italian Submarine Sandwich offered w/ Broccoli, Baby Carrots, Whole Pear and Applesauce</b> <b>Tuesday – *Mac and Cheese w/ Cheez-it Crackers offered w/ Green Beans, Baby Carrots, Seasonal Fruit and Applesauce</b> <b>Wednesday – Beef Teriyaki Dippers over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce</b> <b>Thursday – BBQ Chicken or *Plant Based BBQ Chicken Salad offered w/ Pinto Beans, Veggie Juice Box, Fruit Cup &amp; Applesauce</b> <b>Friday – Beef Hard Shell Tacos (2) offered w/ Tater Tots, Baby Carrots, Banana and Applesauce</b> - Hamburger, Cheeseburger, *Veggie Burger or *Vegan Tamale are served daily all this week 2 -
<b>Week 3</b>	<b>Featured day of the week Entree with daily vegetable and fruit offerings</b>
May 13 - 17	<b>Monday – Hot &amp; Spicy or Breaded Chicken Drumstick w/ Dinner Roll offered w/ Broccoli, Baby Carrots, Whole Pear and Applesauce</b> <b>Tuesday – Penne Pasta with Meat Sauce offered w/ Green Beans, Baby Carrots, Seasonal Fruit and Applesauce</b> <b>Wednesday – Orange Chicken over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce</b> <b>Thursday – Beef Hard Shell Tacos (2) offered w/ Pinto Beans, Veggie Juice Box, Fruit Cup and Applesauce</b> <b>Friday – *Protein Bistro BOX (Hard Boiled Egg, Cheddar Cheese Cubes, Fresh Fruit &amp; Pita Bread) offered w/ Roasted Corn, Baby Carrots, Banana &amp; Applesauce</b> - Chicken, Spicy Chicken or *Plant Based Chicken Sandwich are served daily all this week 3 -

Select at least 3 food components to complete a nutritious lunch meal.

Nonfat white, 1% white, nonfat chocolate milk and 100% fruit juice is offered daily to complete a nutritious lunch meal.

Visit [www.pusd.us](http://www.pusd.us) for:

monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

**This institution is an equal opportunity provider.**