SOUTH PARK MIDDLE SCHOOL LUNCH MENU

August/September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 NO SCHOOL	**25** Nacho/Taco Bar Beef or Chicken, Black Beans, Corn, Nacho/Queso Cheese **Black Beans/Grape Tomatoes**	**26** Asian Bar Gen Tso Chicken or Sweet Chili Rice or Noodles **Sesame Green Beans/Asian Cucumber Salad**	**27** Mac and Cheese W/Soft Pretzel 2 Hot Dogs/Chili and Cheese **Glazed Carrots/Slushy Cup**	**28** Breakfast For Lunch French Toast Sticks/Sausage **Warm Apples/Hash Browns/Mixed Berries**
31 Chicken Bowl Popcorn Chicken, Mashed Potatoes, Gravy, Corn **Sweet Corn/Baby Carrots**	**1** Fajitas Chicken, Beef,Veggie Spanish Rice **Pinto Beans/Roasted Vegetables/Mixed Greens Salad**	**2** BYO Burger Assorted Toppings **Fries/Chic Pea Salad**	**3** **Wing Bar** **Boneless and Bone In Wings** **Variety of Sauces** **W/Roll** **Seasoned Green Beans/Dragon Juice**	**4** Texas Toast Grilled Cheese Buffalo Chicken Dip W/ Chips **Tomato Soup** **Sliced Cucumbers**
The Grill: May Include Regular and Spicy Chicken Sandwich, Chicken Tenders, Hamburger, Corn Dog, Riblet Sandwich, Double Dogs				
7 NO SCHOOL	**8** Taco Bowls Chicken or Pork W/ Cilantro Rice/Cheese/Beans/Pico **Seasoned Black Beans** **Side Salad**	**9** Asian Bowl Beef N Broccoli/Teriyaki Chicken Fried Rice/Asian Noodles **Roasted Vegetable/Mandarin Oranges**	**10** Mini Corn Dogs/Corn Dog on a Stick/Italian Sausage Sandwich/BBQ Rib Sandwich **Glazed Carrots/Cole Slaw**	**11** Breakfast For Lunch BYO Sandwich W/ Hashbrowns/Warm Apples **Fries/Mixed Berries**
Pizza: A Variety of Fresh Toppings that May Include Cheese, Pepperoni, Pepperoni Sausage, White, Dill Pickle, Mac and Cheese				
14 Pasta Bar W/ Varies Sauces Chicken Parm Sandwich Diced Chicken W/ Breadstick **Glazed Carrots/Pineapple**	**15** Cheese Quesadilla W/ Salsa Taco Pizza **Black Beans/Pasta Salad**	**16** Philly Cheese Steak or Chicken Pierogies W/ Roll **Fries/Chic Pea Salad**	**17** Loaded Baked Potato Pulled Pork/Steak **Broccoli/Strawberry Applesauce**	**18** Texas Toast Grilled Cheese Pepperoni Roll W/ Dipping Sauce **Tomato Soup/Potato Salad**
Salad Bar: Lots of fresh, colorful vegetables and delicious toppings to create the perfect salad with your favorite dressing				
21 Lasagna Roll Up W/ Breadstick Chicken Caesar Salad **Green Beans/Pineapple**	**22** Soft Tacos Beef/Chicken/Cilantro Rice/Cheese/Beans **Corn/Salsa/Berries**	**23** Gen Tso Chicken Rice/Asian Noodles **Steamed Broccoli/Asian Cucumber Salad**	**24** BYO Burger Mac and Cheese **Baked Beans/Peaches**	**25** Breakfast For Lunch Pancakes/Waffles **Hashbrown/Warm Apples**

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$2.90
Adult	$4.00

Available Daily

Fresh Salad Bar
PB&J Craveable
Fresh Cheese and Pepperoni Pizza

Fruit & Veggie Selection

Apples, Oranges, Bananas, Grapes, Applesauce, Peached, Pears, Broccoli, Carrots, Peppers, Tomatoes, Cauliflower

Students may choose two ½ cup servings.

Milk Selection

1% White, Chocolate, Vanilla, Strawberry

Your Dining Services Team

Donna Nassan
General Manag4r
412.655.3111 ext. 30
donna.nassan@sparksd.org

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Daily Specials

WEEK OF AUGUST 17 – 21

bravo!

WEEKLY FEATURE

Pasta Bar

Choice of two daily pasta, alternating daily sauces, and herbed parmesan cheese

Accompaniments: Served with fresh bruschetta and fresh baked bread

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Salad bar

Variety of fruits and veggies offered daily

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

SOUP

OFFERED DAILY: [add items]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

SAUCE IT UP

HOUSE-MADE CONDIMENTS

[add specials here]

Grille

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

deli

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Pizza

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

cheffresh / CRAVEABLES

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

YOUR DINING SERVICES TEAM
Firstname Lastname, General Manager
(###) ###-#### ext. #### | email@metzcorp.com

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Daily Specials

WEEK OF AUGUST 24 – 28

bravo!

WEEKLY FEATURE

Poblano's Mex-American

Choice of soft- or hard-shell tortillas or tortilla chips with choice of meat or meat alternative

Accompaniments: Topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Salad bar

Variety of fruits and veggies offered daily

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Soup

OFFERED DAILY: [add items]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Sauce It Up

HOUSE-MADE CONDIMENTS

[add specials here]

Grille

OFFERED DAILY: [add items here]

Monday: [add specials here]
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Friday: [add specials here]

deli

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
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Friday: [add specials here]

Pizza

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

cheffresh / CRAVEABLES

Monday: [add specials here]
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Daily Specials

WEEK OF AUGUST 31 – SEPTEMBER 4

bravo!

WEEKLY FEATURE

Cyclone Street Noodles
Lo mein noodles with choice of meat or meat alternative tossed with choice of vegetables and choice of sauce
Accompaniments: Stir-fried cabbage, sauteed red pepper, veggie stir-fry, steamed broccoli

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Salad bar

Variety of fruits and veggies offered daily

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

SOUP

OFFERED DAILY: [add items]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

SAUCE IT UP

HOUSE-MADE CONDIMENTS

[add specials here]

Grille

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

deli

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

Pizza

OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

cheffresh / CRAVEABLES

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

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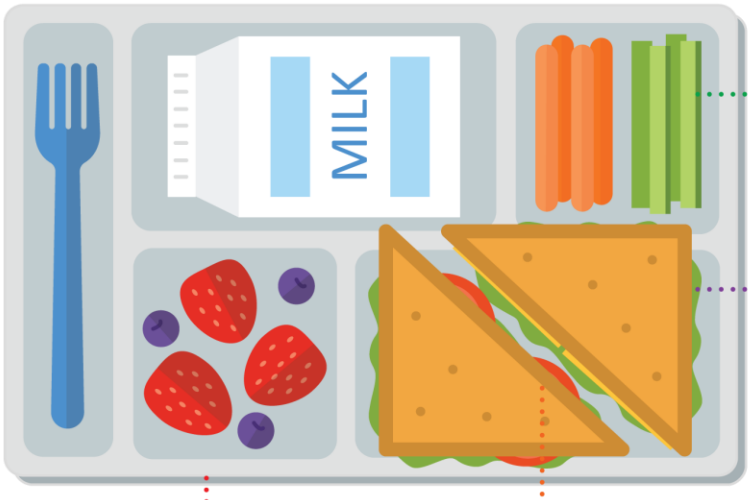

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

[HEADING HERE]

[add text here]

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WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

LUNCH PRICES

Student Lunch:	$X.XX
Adult Lunch:	$X.XX

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

[HEADING HERE]

[add text here]

DAILY ALTERNATES

Grille

[add items]

deli

[add items]

Pizza

[add items]

cheffresh

[add items]

CRAVEABLES

[add items]

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