SOUTH PARK MIDDLE SCHOOL LUNCH MENU

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken & Mashed Potato Bowl with Roll Ham/Turkey/Cheese on a Pretzel Bun **Mashed Potatoes** **Baby Carrots**	**29** Beef or Chicken Enchilada W/ Queso Cheese **Refried Beans/Corn/Black Beans** **Fresh Pico**	**30** General Tso's Chicken over Brown Rice Teriyaki Chicken **Steamed Broccoli** **Mandarin Oranges**	**1** Gyros on Flatbread **Hummus/Zucchini** **Greek Salad**	**2** Super Subs Pierogies W/ Kielbasa **Steamed Corn** **Red Pepper Strips**
5 Pasta Meat sauce/Meatballs Italian Meatball Hoagie **Green Beans** **Baby Carrots**	**6** Nacho Bar Beef/Chicken/Pork Rice/Black Beans **Seasoned Corn** **Strawberry Spinach Salad**	**7** Wing Bar Bone In/Boneless Variety of Sauces **Curly Fries** **Pasta Salad** **Baked Beans**	**8** Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V) **Steamed Garden Peas** **Tomato Mozzarella Salad**	**9** Loaded Tator Tots Beef/Chicken Cheddar Cheese **Tater Tots** **Chickpea Salad**
12 NO SCHOOL	**13** Soft/Hard Shell Tacos Taco Pizza **Black Beans/Corn** **Peaches**	**14** Philly Cheese Steak/Chicken Sandwich Peppers/Onions/Mushrooms **Coleslaw** **Steamed Mixed Veggies**	**15** **BYO Burger** **Assorted Topping** **Mac and Cheese** **BBQ Baked Beans** **Pineapple**	**16** Buffalo Chicken Dip with Tortilla Chips **The Double Dipper**: Elote Dip & Corn and Black Bean Salsa with Tortilla Chips **Beans/Carrots** **Applesauce**
19 Chicken & Mashed Potato Bowl with Roll **Mashed Potatoes/Corn** **Tomato Mozzarella Salad**	**20** Nacho Bar Beef/Chicken/Pork Rice/Black Beans **Salsa** **Broccoli Salad**	**21** Gen Tso or Orange Chicken over Fried Rice/Brown Rice **Sesame Green Beans** **Mandarin Oranges**	**22** Cowboy Cheeseburger Onion ring/BBQ Sauce Variety of Cheeses **Sidewinder Fries** **Tomato Mozzarella Salad**	**23** Nashville Hot Chicken Maple Flatbread Texas Toast Grilled Cheese **Strawberry Spinach Salad** **Tomato Soup**
26 Breaded Chicken Drumstick with Mini Waffles Classic Sloppy Joe or Lentil Sloppy Joe (V) **Sidewinder Fries** **Chickpea Salad**	**27** Birria Pork Tacos Chicken/Beef Nacho Cheese/Queso **Steamed Golden Corn** **Baby Carrots**	**28** 3-Bean Chili W/ Warm Cornbread Noodles/Cheddar Cheese **Romaine Tossed Salad** **Fresh Cauliflower**	**29** Loaded Fries Buffalo Chicken/Philly Steak **BBQ Baked Beans** **Coleslaw**	**30** Breakfast For Lunch French Toast/Sausage **Warm Apples** **Hashbrowns**

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 Service Team

Donna Nassan
General Manager
412.655.3111 ext. 2030
donna.nassan@sparksd.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

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

schoolcafé

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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Daily Specials

WEEK OF SEPTEMBER 28 – OCTOBER 2

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 OCTOBER 5 – 9

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: Served 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]
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]
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Friday: [add specials here]

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Daily Specials

WEEK OF OCTOBER 12 – 16

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]
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Daily Specials

WEEK OF OCTOBER 19 – 23

bravo!

WEEKLY FEATURE

Texas Smokehouse
Choice of dry-rubbed BBQ chicken or pork with choice of Kaiser roll or cornbread and choice of BBQ sauce
Accompaniments: Ranch taters, zesty country green beans, BBQ baked beans, slaw, melons

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]
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Daily Specials

WEEK OF OCTOBER 26 – 30

bravo!

WEEKLY FEATURE

Mac & Cheese
Pasta with choice of house-made cheese sauce and choice of meat or meat alternative
Accompaniments: Roasted lemon parmesan broccoli, sauteed red peppers

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]

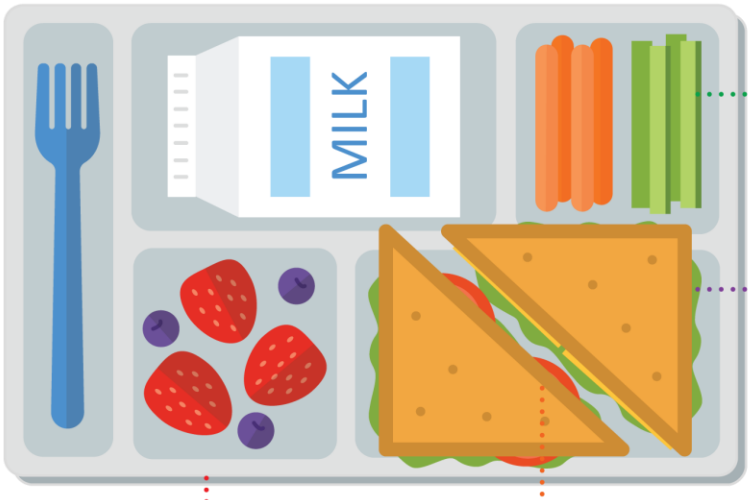
Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

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.

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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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