PUSD MIDDLE SCHOOL LUNCH MENU
NOVEMBER 2026-JANUARY 2027

	MON	TUE	WED	THU	FRI
Nov 9-13 Dec 7-11 Jan 11-15	**Hot Dog** **Spicy or Crispy Chicken Sandwich** **Fruit Parfait** Steamed Broccoli, Cherry Tomatoes Seasonal Fresh Fruit	**Lemon Chicken & Brown Rice Bowl** **Pepperoni or Cheese Pizza** **Fruit Parfait** Edamame, Baby Carrots, Side Salad Seasonal Fresh Fruit	**BBQ Chicken Sandwich on a Corn Dusted Kaiser Bun** **Hamburger or Cheeseburger** **Fruit Parfait** Sliced Pickles, Sliced Cucumbers, Lettuce & Tomatoes Frozen Fruit Cup Seasonal Fresh Fruit	**Beef Tostada Bowl with Spanish Rice** **Bean & Cheese Burrito** **Fruit Parfait** Sweet Corn,, Shredded Romaine, Pico De Gallo, Side Salad Seasonal Fresh Fruit	**Chicken Alfredo Penne with Garlic Bread** **Pepperoni or Cheese Pizza** **Fruit Parfait** Fresh Broccoli, Cherry Tomatoes, Side Salad Seasonal Fresh Fruit
Nov 16-20 Dec 14-18 Jan 19-22	**Hot Wings & Cheesy Mac** **Spicy or Crispy Chicken Sandwich** **Fruit Parfait** Steamed Broccoli, Cherry Tomatoes Seasonal Fresh Fruit	**Sweet & Sour Chicken over Chow Mein Noodles** **Pepperoni or Cheese Pizza** **Fruit Parfait** Edamame, Baby Carrots, Side Salad Seasonal Fresh Fruit	**Chili Bowl with Tortilla Rounds** **Hamburger or Cheeseburger** **Fruit Parfait** Sliced Cucumbers, Mixed Vegetables, Lettuce & Tomatoes Frozen Fruit Cup Seasonal Fresh Fruit	**Fish Tacos & Salsa Verde** **Bean & Cheese Burrito** **Fruit Parfait** Shredded Romaine, Pico De Gallo, Sweet Corn, Side salad Seasonal Fresh Fruit	**Chicken Nuggets Country Bowl with Mashed Potatoes , Gravy & Roll** **Pepperoni or Cheese Pizza** **Fruit Parfait** Fresh Broccoli. Sweet Corn, Side Salad Seasonal Fresh Fruit
Nov 2-6 Nov 30-Dec 4 Jan 4-8 Jan 25-29	**Lasagna & Garlic Bread** **Spicy or Crispy Chicken Sandwich** **Fruit Parfait** Steamed Broccoli, Cherry Tomatoes Seasonal Fresh Fruit	**Mandarin Orange Chicken and Brown Rice Bowl** **Pepperoni or Cheese Pizza** **Fruit Parfait** Edamame, Baby Carrots, Side Salad Seasonal Fresh Fruit	**Chicken Drumstick with Dinner Roll** **Hamburger or Cheeseburger** **Fruit Parfait** Potato Smiles, Sliced Cucumbers, Mixed Vegetables, Lettuce & Tomatoes Frozen Fruit Cup Seasonal Fresh Fruit	**Carnitas Pork Tacos & Salsa Verde** **Bean & Cheese Burrito** **Fruit Parfait** Shredded Romaine, Pico De Gallo, Sweet Corn, Side salad Seasonal Fresh Fruit	**Meatball Sub with Cheese on a French Roll** **Pepperoni or Cheese Pizza** **Fruit Parfait** Fresh Broccoli, Cherry Tomatoes, Mixed Vegetables, Side Salad Seasonal Fresh Fruit

This institution is an equal opportunity provider.

A variety of milk is offered daily including Whole, Low Fat 1%, and Non-Fat for Lunch.
The milk offer does not contain GMO ingredients and is hormone-free.
A variety of locally sourced fruits and vegetables offered daily.
Each student must select a fruit and/or vegetable as part of a complete meal.

Menu Subject To Change
Meals are free for all PUSD students
Adult lunch $4.75

Monthly menus, nutrition, allergen, and carbohydrate information can be found at:
www.schools.mealviewer.com
For additional information or inquiries, please contact PUSD Food and Nutrition Services
740 W. Woodbury Rd, Altadena, CA 91001 (626) 396-5850