



# MIDDLE SCHOOL MENU

## OCTOBER 2024

### BREAKFAST

OFFERED DAILY

MILK 1% WHITE OR NF CHOCOLATE  
FRESH FRUIT & VEGGIE

MONDAY

FRESHLY BAKED BANANA CHOCOLATE MUFFIN

CEREAL

TUESDAY

FRESHLY BAKED CROISSANT

ZEE ZEE'S BIRTHCAKE BAR

WEDNESDAY

ALICIA'S SOYRIZO BURRITO (V)

CEREAL

THURSDAY

FRESHLY BAKED CINNAMON ROLL

ZEE ZEE'S BLUEBERRY LEMON BAR

FRIDAY

BAGEL & CREAM CHEESE/JAM

CEREAL

MONDAY

Pepperoni  
Pizza

Cheese Pizza

Chicken Nuggets  
& Garlic Knot

Vegetable  
Dumplings  
& Fried Rice

Super Duper Lunchbox  
(Turkey)

Super Duper  
Vegetarian Lunchbox

TUESDAY

Beef Meatball  
Pasta

Cheese Bosco  
Sticks

teriyaki Chicken  
& Brown Rice

Turkey & Cheese  
Sandwich

Veggie Nachos

WEDNESDAY

Orange Chicken  
& Chow Mein

Veggie  
Pasta Salad

Spicy Chicken  
Sandwich

Vegan  
Hotdog

Honey Mustard  
Chicken Salad

Honey Mustard  
Veggie Salad

THURSDAY

Chicken Dumplings  
& Fried Rice

Paneer Wrap

Cheeseburger

Fruit & Yogurt  
Parfait

Chicken Caesar  
Salad

FRIDAY

Pepperoni  
Pizza

Cheese Pizza

Cajun Chicken  
Alfredo Pasta

Veggie wrap

Spicy Veggie  
Nuggets  
& Garlic Breadsticks

FOR STUDENTS WITH MEDICALLY  
DIAGNOSED FOOD ALLERGIES, THERE IS A  
MEAL ACCOMMODATION FORM  
ON THE PUSD WEBSITE.

1 BREAKFAST AND 1 LUNCH NO CHARGE DAILY  
MEALS MUST INCLUDE FRUIT OR VEGETABLE  
ADDITIONAL MEAL MUST BE PURCHASED

 = VEGETARIAN

 = VEGAN

MEALS SUBJECT TO CHANGE WITHOUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

HAPPY  
HALLOWEEN