



WARRIOR RUN SCHOOL DISTRICT
Middle School
Middle School MENU
April 2022

Complete meals are FREE for ALL students during
the 2021-2022 school year!


MENU SUBJECT TO CHANGE
This institution is an equal opportunity provider


***FUEL UP WITH BREAKFAST!**
*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2:
FRUIT/JUICE/VEGGIE
*CHOOSE YOUR MILK:
1% & FAT FREE MILK CHOICES


***BUILD A HEALTHY LUNCH!**
*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2 VEGGIES/
VEGGIE SALADS
*CHOOSE 1 FRUIT
*CHOOSE YOUR MILK:
1% & FAT FREE MILK CHOICES





Weekly Breakfast Menu

Monday
Breakfast Pizza


Tuesday
Mini Muffins












Wednesday
Baked Cinnamon Rolls


Thursday
Breakfast Sandwich


Friday
Mini Waffles


Available Daily at Breakfast
*Cold Cereal
*Smoothies
*1% & Fat Free Milk Choices
*100% Fruit Juices

AVAILABLE DAILY AT LUNCH:
*Uncrustables
*Anyt!mers
*Variety of Salads
*Yogurt parfait

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 <u>LUNCH</u> Walking Tacos Re-fried Beans Variety of Vegetables and Fruit Variety of Milk 	29 <u>LUNCH</u> Cheese Steak Sandwich Sweet Potato Fries Variety of Vegetables and Fruit Variety of Milk 	30 <u>LUNCH</u> School– Made Macaroni and Cheese Buttered Peas Variety of Vegetables and Fruit Variety of Milk 	31 <u>LUNCH</u> Chicken Nuggets w/ a Biscuit Steamed Broccoli Variety of Vegetables and Fruit Variety of Milk 	1 <u>LUNCH</u> Eggs and Ham on a Croissant Honey-Glazed Carrots Side Kicks Variety of Vegetables and Fruit Variety of Milk 
4 <u>LUNCH</u> Quesadilla Buttered Corn Variety of Vegetables and Fruit Variety of Milk 	5 <u>LUNCH</u> Hot Diggity Dog Broccoli Slaw Variety of Vegetables and Fruit Variety of Milk 	6 <u>LUNCH</u> Pasta and Meatballs Garlic Toast Roasted Zucchini Variety of Vegetables and Fruit Variety of Milk 	7 <u>LUNCH</u> Easter Meal! Roasted Ham Scalloped Potatoes w/ Green Beans Easter Treat 	8 <u>LUNCH</u> Defender Burger Fresh-Cut Fries Strawberry Cobbler Variety of Vegetables and Fruit Variety of Milk 

PA Harvest of the Month
Leafy Green Vegetables



Menu Allergens



Dairy



Gluten



Egg



Peanuts














Seafood

LUNCH NOTES

Additional Fruits available daily may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges

Additional Veggies available daily may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape

11 <u>LUNCH</u> Cook's Choice	12 <u>LUNCH</u> Cook's Choice	13 <u>LUNCH</u> Cook's Choice	14 NO SCHOOL FOR STUDENTS 	15 NO SCHOOL FOR STUDENTS
18 NO SCHOOL FOR STUDENTS 	19 <u>LUNCH</u> Fresh off the Grill! Hamburgers and Hot Dogs Pasta Salad Variety of Vegetables and Fruit Variety of Milk 	20 <u>LUNCH</u> Pizza Bake Green Beans Variety of Vegetables and Fruit Variety of Milk 	21 <u>LUNCH</u> Popcorn Chicken Bowls Steamed Carrots Variety of Vegetables and Fruit Variety of Milk 	22 <u>LUNCH</u> French Toast Sticks and Sausage Hashbrown Marshmallow Fruit Salad Variety of Vegetables and Fruit Variety of Milk 
25 <u>LUNCH</u> Cheesy Beef Nachos Re-fried Beans Variety of Vegetables and Fruit Variety of Milk 	26 <u>LUNCH</u> Chicken Alfredo Pasta Roasted Brussel Sprouts Variety of Vegetables and Fruit Variety of Milk 	27 <u>LUNCH</u> School made Pizza Ranch Roasted Brussel Sprouts Variety of Vegetables and Fruit Variety of Milk 	28 <u>LUNCH</u> Chicken Patty Sandwich Buttered Corn Variety of Vegetables and Fruit Variety of Milk 	29 <u>LUNCH</u> Sloppy Joe Sandwich Strawberry Salad Jell-O Fruit Dessert Variety of Vegetables and Fruit Variety of Milk 

QUESTIONS? Call our Food & Nutrition Services Office (570) 649-2005 *Pre-Pay online at myschoolbucks.com