

MAY 2023
Middle School Menu

Monday

*Cheesy Calzones

Broccoli
Assorted Fruit*Meat Lovers Stromboli
*PBJ Uncrustable

*Grilled Cheese

Tomato Soup & Goldfish
Steamed Peas
Assorted Fruit*Hamburger on WG Bun
*PBJ Uncrustable*Mozzarella Cheese Sticks w/
MarinaraSteamed Carrots
Assorted Fruit*Yogurt Munchable
*PBJ Uncrustable*Fish Sticks
w/ Macaroni & CheeseGreen Beans
Assorted Fruit*Protein Power Pack
*PBJ Uncrustable

No School

Tuesday

*Chicken Nuggets w/ Roll

Steamed Carrots
Fresh Fruit*Chef Salad w/ Roll
*PBJ Uncrustable

*Chicken Patty Sandwich

Baked Beans
Coleslaw
Fresh Fruit*Grilled Chicken Salad w/ Roll
*PBJ Uncrustable

*Beef Tacos

Seasoned local PA beef w/ choice of fixins

Refried Beans
Fresh Fruit*Chef Salad w/ Roll
*PBJ UncrustableAppreciation Meal
*Turkey Gravy & Filling BallCorn
Mashed Potatoes
Fresh Fruit*Garden Salad w/ Roll
*PBJ Uncrustable

*Corn Dog

Baked Fries
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

Wednesday

*Breakfast Sandwich

Choice Sausage or Bacon
w/ Egg & Cheese
Green Beans
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

*Meatball Sub

Veggies w/ Dip
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

*Pulled Pork Sandwich

Coleslaw
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

National Asparagus Day

*Bacon Cheeseburger
Asparagus

PA Harvest of the Month Item

Assorted Fruit
*Protein Power Pack
*PBJ Uncrustable*Cook's Choice
Assorted Veggies
Assorted Fruit

Happy Summer!!!

Thursday

Star Wars Day

*HAM Solo & Cheese

Pretzel Sandwich
Millennium FALCORN
Mandalorian Oranges*Yoda Chef Salad w/ Roll
*C-3PB&J Uncrustable*Chicken Alfredo w/ Garlic
KnotBroccoli
Fresh Fruit*Grilled Chicken Salad w/ Roll
*PBJ Uncrustable

*Pot Pie w/ Funnel Cake

Rocket Salad w/ Dressing
Fresh Fruit*Chef Salad w/ Roll
*PBJ Uncrustable

Brunch for Lunch

*French Toast Sticks
w/ SausageTater Tots
Fresh Fruit*Garden Salad w/ Roll
*PBJ Uncrustable

Friday

Cinco de Mayo
School Lunch Hero Day

*Assorted Pizza

Black Bean Salsa
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

*Assorted Pizza

Assorted Veggies
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

*Assorted Pizza

Seasoned Mixed Veggies
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

*Assorted Pizza

Mixed Veggies
Assorted Fruit*Cook's Choice
*PBJ Uncrustable

Universal Free Breakfast Menu: open until 9:30am

Monday: Whole-Grain Muffin

Cold options available daily

Tuesday: Whole-Grain Pastry

Wednesday: French Toast Sticks

Choice of fruit, 100% juice & milk

Thursday: Whole-Grain Pastry

#FuelUpRockets

Friday: Bacon or Sausage, Egg & Cheese Sandwich

Free & Reduced Meal Applications are
available on the
district website or at www.compass.state.pa.usPAY FOR MEALS ONLINE
MySchoolBucks.com