



Pierce Middle School Date: September 22, 2014 - September 26, 2014

A full student lunch includes a choice of entrée supplying protein and grain, up to 3 vegetable side dishes, 1 fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

**Lunch Price: \$2.65 paid, \$0.40 reduced\*, free\* (\*if qualified)**

**Adult Lunch Price: \$3.50**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sizzle</b>	Cheese Omelet Fruit Cobbler Whole Grain Pancake Baked Tater Tots	Chicken Fajitas w/ Whole Grain Tortillas Brown Fried Rice Refried Beans Sautéed Peppers & Onions	Lasagna Roll up w/ Spaghetti Sauce Whole Grain Garlic Toast Sticks Seasoned Green Beans	Oven Fried Chicken Corn Bread Mini Biscuit Boston Baked Beans	Chicken Queadilla Brown Rice Tomato Salsa Seasoned Broccoli
<b>Taste</b>	Breaded Chicken Patty Sandwiches, Spicy Chicken Patty Sandwiches and Cheeseburgers may replace items currently listed on the menu or may be added as another choice without prior notice. Please check the Daily Offerings.				
	Cheese Quesadilla w/ Salsa Beef & Bean Burrito Baked Tater Tots	BLT Burger on a Whole Grain Bun BBQ Shredded Pork on a Roll Baked Potato Wedges	Buffalo Chicken Wrap BBQ Grilled Chicken on a Whole Grain Bun Baked Potato Smiles	Turkey Hot Dog on a Whole Grain Bun BLT Burger Baked Tater Tots	Grilled Chicken Parmesan on a Whole Wheat Bun Toasted Grilled Chicken and Pepper jack Cheese Baked Potato Wedges
	Available Daily: Cheese Pizza Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
<b>Bake</b>	Pepperoni Pizza	Pizza Dunkers w/ Cheese & Sauce	Pepperoni Pizza	Brooklyn Style Pepperoni Flatbread	Meat Lover's Pizza
<b>Crisp</b>	Available Daily: Assorted meats, cheeses & other proteins; whole grain sliced bread, whole grain wraps, and enriched rolls; shredded romaine lettuce, sliced tomatoes				
	Fresh Spinach Fresh Red Pepper Strips Fresh Sliced Celery	Chopped Romaine Lettuce Fresh Shredded Carrots Fresh Diced Tomatoes	Chopped Romaine Lettuce Fresh Sliced Celery Sliced Onion	Fresh Spinach Fresh Diced Tomatoes Broccoli Florettes	Chopped Romaine Lettuce Fresh Shredded Carrots Fresh Red Pepper Strips
	Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Chilled Applesauce	Ham & Cheese on Whole Wheat Grilled Chicken Caesar Salad w/ Croutons & Crackers Fresh Cucumber Coins Fresh Celery Sticks Chilled Mixed Fruit w/ Fresh Strawberries	Buffalo Chicken Wrap Ham & Cheese Chef Salad w/ Croutons & Crackers Chick Pea Salad Fresh Baby Carrots Fresh Orange	Deli Ham on Whole Wheat Mandarin Chicken Salad w/ Crunchy Asian Topping & Crackers Chopped Romaine Lettuce Broccoli Florettes Chilled Mixed Fruit w/ Fresh Strawberries	Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Dark Green Tossed Salad Raisins
<b>Featured Fruit/Veg Bar Selections</b>	Fresh Baby Carrots Chilled Applesauce Chilled Pineapples	Fresh Celery Sticks Fresh Cucumber Coins Chilled Mixed Fruit w/ Fresh Strawberries Chilled Peaches	Chick Pea Salad Fresh Baby Carrots Fresh Orange Chilled Pears	Chopped Romaine Lettuce Broccoli Florettes Chilled Mixed Fruit w/ Fresh Strawberries Fresh Apple	Fresh Baby Carrots Dark Green Tossed Salad Raisins Mandarin Oranges

**Menu subject to change without notice**



Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.

**Questions or comments?**

Please contact Karen Cumming, Food Service Director at 535-4000 x11184. [cummka01@souththorford.net](mailto:cummka01@souththorford.net)

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**EMPLOYMENT OPPORTUNITIES: Substitute Cook's Helper positions are now available. Anyone interested in working at a school during lunch should contact Karen Cumming at 313-535-4000 x 1184 for more information.**