



Pierce Middle School **Date: September 29, 2014 - October 3, 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
Sizzle	Scrambled Eggs French Toast Sticks Baked Tater Tots	Soft Shell TurkeyTacos Corn Chips Refried Beans Seasoned Corn	Beef & Bean Chili Corn Bread Corn Chips Seasoned Broccoli	Barbequed Chicken Leg Dinner Roll Whole Grain Macaroni & Cheese Sauce Seasoned Green Beans	Bosco Cheese Sticks & Dipping Sauce Whole Wheat Pita Triangles Seasoned Carrots
	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.				
Taste	Buffalo Chicken Wrap Grilled Chicken on a Whole Grain Bun Baked Potato Wedges	BBQ Pork Rib on a Whole Grain Bun Turkey Corn Dog Baked Tater Tots	Philly Cheese Steak on a Whole Grain Bun BLT Burger on a Whole Grain Bun Baked Potato Smiles	Grilled Chicken Club on a Whole Grain Bun BBQ Shredded Pork on a Roll Baked Tater Tots	BLT Burger on a Whole Grain Bun Grilled Chicken with Pepper jack Cheese on Bun Baked Potato Wedges
Bake	Available Daily: Cheese Pizza Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	Pepperoni Pizza	"The MAX" Sticks with Sauce	Bosco Sticks with Sauce	The Max Chicken Quesadilla Pizza	Pepperoni Pizza
Crisp	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 Sliced Tomatoes Fresh Shredded Carrots	Fresh Vegetable Gardenaria Fresh Celery Sticks Sliced Onion	Dark Green Tossed Salad Fresh Cucumber Coins Fresh Red Pepper Strips	Fresh Spinach Fresh Shredded Carrots Broccoli Florettes	Dark Green Tossed Salad Fresh Sliced Celery Sliced Onion
OutTakes	Buffalo Chicken Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Chilled Applesauce	Deli Ham on Whole Wheat Ham & Cheese Chef Salad w/ Croutons & Crackers Fresh Cucumber Coins Fresh Celery Sticks Fresh Orange Wedges	Three Cheese Honey Mustard Wrap Satsuma Cobb Salad w/ Egg, Turkey, Ham & Croutons Chick Pea Salad Fresh Baby Carrots Chilled Tropical Fruit	Whole Grain Turkey BLT Wrap Diced Buffalo Chicken Salad w/ Croutons & Crackers Broccoli Florettes Hearty Green Spinach Salad Raisins	Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Fresh Celery Sticks Baked Apple Slices
Featured Fruit/Veg Bar Selections	Fresh Baby Carrots Chilled Applesauce Chilled Peaches	Fresh Cucumber Coins Fresh Celery Sticks Fresh Orange Wedges Strawberry Cup	Chick Pea Salad Fresh Baby Carrots Chilled Tropical Fruit Chilled Applesauce	Broccoli Florettes Hearty Green Spinach Salad Raisins Chilled Pears	Fresh Baby Carrots Fresh Celery Sticks Baked Apple Slices Mandarin Oranges

Menu is subject to change without notice



Go to 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 ext. 1184. cummka01@southredford.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 1183 for more information.