



**WARRIOR RUN SCHOOL DISTRICT
MIDDLE SCHOOL MENU
December 2022**

MENU SUBJECT TO CHANGE

***THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
AND EMPLOYER.**

Breakfast Prices; Reduced \$0.30, Paid \$1.35

Lunch Prices; Reduced \$0.40, Paid \$2.80

***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

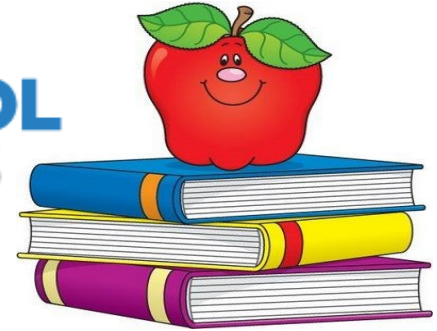
*CHOOSE 1 OR 2 VEGGIES/
VEGGIE SALADS

*CHOOSE 1 FRUIT

*CHOOSE YOUR MILK:

1% & FAT FREE MILK CHOICES

**MY
SCHOOL
BUCKS**



Weekly Breakfast Menu

Monday

Breakfast Pizza



Tuesday

Chocolate Filled Crescent Roll



Wednesday

Mini Waffles



Thursday

Breakfast Sandwich



Friday

Powdered Donuts



Available Daily at Breakfast

*Cold Cereal

*1% & Fat Free Milk Choices

*100% Fruit Juices







AVAILABLE DAILY AT LUNCH:

*PBJ *Anytizer *Yogurt Parfait

*Variety of Tasty and Healthy

Fruit & Veggie & Salad Choices

*1% & Fat Free Milk Choices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
		<u>LUNCH</u> Hamburger/ Cheeseburger Potato Puffs Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> Chicken Nuggets and Dinner Roll Steamed Carrots Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> Pulled Pork Sandwich Baked Beans Variety of Vegetables and Fruit Variety of Milk
5	6	7	8	9
<u>LUNCH</u> Quesadilla Spanish Rice Roasted Zucchini Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> Popcorn Chicken Bowls w/ biscuit Honey-glazed Carrots Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> Macaroni and Cheese Buttered Peas Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> Ham and Green Bean Soup w/ fresh biscuit Variety of Vegetables and Fruit Variety of Milk	<u>LUNCH</u> French Toast Sticks and Sausage Hashbrown Casserole Variety of Vegetables and Fruit Variety of Milk
				

PA Harvest of the Month
for December:



Dairy



Gluten



Egg



Peanuts



Seafood

12

LUNCH

Cheesy Beef Nachos
Re-fried beans
Variety of Vegetables
and Fruit
Variety of Milk



13

LUNCH

Fish Tacos
Peach Salsa
Buttered Corn
Variety of Vegetables
and Fruit
Variety of Milk



14

LUNCH

School made Pizza
Steamed Broccoli
Variety of Vegetables
and Fruit
Variety of Milk



15

LUNCH

Christmas Meal
Roasted Ham
Scalloped Potatoes and
Green beans
**Peppermint Brownie
Bites**
Variety of Vegetables
and Fruit
Variety of Milk



16

LUNCH

Cook's Choice
Variety of Vegetables
and Fruit
Variety of Milk

19

LUNCH

Cook's Choice
Variety of Vegetables
and Fruit
Variety of Milk

20

LUNCH

Cook's Choice
Variety of Vegetables
and Fruit
Variety of Milk

21

LUNCH

Cook's Choice
Variety of Vegetables
and Fruit
Variety of Milk

Early Dismissal

22



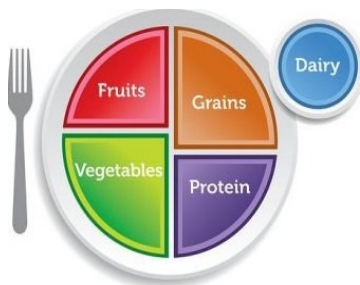
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LUNCH NOTES

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 Tomatoes, Mixed Pepper Strips



QUESTIONS?

Call our Food & Nutrition
Services Office
(570) 649-2005

*Pre-Pay online at
myschoolbucks.com