






PITTSFIELD MIDDLE SCHOOLS MENU JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>1</p>	<p>2</p> <p>Popcorn Chicken School Baked Roll Orange Glazed Carrots</p>	<p>3</p> <p>Broccoli & Cheddar Soup Ham & Cheese Croissant Boston Baked Beans Corn & Peas</p>	<p><i>Breakfast For Lunch</i></p> <p>4</p> <p>Waffles or French Toast Sticks Chicken Breakfast Sausage Seasoned Roasted Potatoes Fresh Baby Carrots w/Dip</p>	<p>5</p> <p>School Made Cheese Pizza or Pepperoni Pizza Kale & Romaine Salad Roasted Cauliflower</p> 	<p>Cals 655 Sodium 1003 mg Carb 89.3 g T. Fat 21.4 g S. Fat 7.3 g</p>
<p>8</p> <p>Breaded Pork Patty on Roll served with Barbecue Sauce Roasted Butternut Squash Chickpea Salad</p>	<p>9</p> <p>Meatball & Cheese Sub Peppers and Onions Seasoned Redskin Potatoes Cucumber and Apple Salad</p>	<p>10</p> <p>Chicken Drumsticks or Our Classic Grilled Cheese Rockin Pasta Salad School Baked Roll Broccoli & Raisin Salad</p>	<p>11</p> <p>Roasted Turkey & Gravy Mashed Potatoes School Baked Roll Corn Niblets</p>	<p>12</p> <p>Papa Gino's Cheese Pizza or Pepperoni Pizza Sautéed Spinach Baked Hot Apple Crisp</p>	<p>Cals 678 Sodium 1099 mg Carb 92.2 g T. Fat 21.7 g S. Fat 6.8 g</p>
<p>Martin Luther King Jr Day</p> <p>15</p> 	<p>16</p> <p>Chicken Patty on Roll Lettuce & Tomato Potato Wedges Seasoned Green Beans</p>	<p>17</p> <p>Minestrone Soup Italian Grinder or Golden Crunchy Fish Sandwich Lettuce & Tomato Vegetable Sticks</p>	<p>18</p> <p>Chicken Pot Pie Honey Wheat Biscuits Wax Beans Baked Apples</p> 	<p>19</p> <p>Italian Dunkers w/ Marinara Dipping Sauce Seasoned Broccoli Florets Roasted Chickpeas</p>	<p>Cals 662 Sodium 1020 mg Carb 90.9 g T. Fat 19.9 g S. Fat 6.7 g</p>
<p>22</p> <p>Baked Macaroni & Cheese School Baked Roll Roasted Carrot Fries</p>	<p>23</p> <p>Cheeseburger Meatloaf Garlic Texas Toast Mashed Potatoes Corn Niblets</p>	<p>24</p> <p>Turkey Vegetable Soup Turkey Sub Lettuce & Tomato Carrots & Sugar Snap Peas Jello w/ Topping</p>	<p>25</p> <p>Tony's French Bread Pizza Zucchini Medley Mediterranean Salad Chickpea Salad</p>	<p>26</p> <p>Half Day</p> 	<p>Cals 651 Sodium 1176 mg Carb 91.5 g T. Fat 19.1 g S. Fat 7.3 g</p>

All Meals Include Choices of Fresh and Chilled Fruit, 100% Fruit Juice, Vegetables, Fresh Garden Salad and Milk; including Locally grown Produce when available.



Available Daily: Cheeseburger, Hamburger or Peanut Butter & Jelly

Tues & Thurs - Salad Entrée, Wed - Yogurt & Fruit Parfait

All Pittsfield Schools Serve Breakfast Daily.

Our Breads, Tortillas, Pasta, Pizza & Rice are Whole Grain. All Meals Meet USDA Standards for Nutrition and Portion Size

Are You Interested in Working in Our Schools? Call 448-9608.

