

Daily Lunch Choices:

- Chicken Patty Deluxe
- Hamburger & Cheeseburger Deluxe
- Assorted Salads Entrees
- Assorted Wraps, Sandwiches & Subs
- Yogurt & Fruit Parfaits - Tuesday & Thursday



Offered Daily With All Lunches:

- Variety of Fresh or Chilled Fruit
- Side Tossed Green Salad
- Low-Fat & Fat Free Milk
- 100% Assorted Juices

High School Lunch Menu
March 2019

Breakfast Served at PHS & THS 6:45-7:20
Visit www.pittsfield.net To View Full Breakfast Menu Click on Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritionals
<div>4</div> <div>Chicken & Potato Bowl Crispy Chicken Bites w/ Mashed Potato, Gravy and School Baked Roll</div> <div>Corn Niblets</div>	<div>5</div> <div>Asian Bar Chicken Teriyaki or General Tso Chicken served over Rice</div> <div>Asian Green Beans</div>	<div>6</div> <div>Ash Wednesday Creamy Tomato Soup Grilled Cheese or Tuna Salad Boat</div> <div>Seasoned Potato Wedges Kale & Romaine Salad Roasted Chickpeas</div>	<div>7</div> <div>Pasta Bar Mini Cheese Ravioli or Penne & Meat Sauce and Warm Breadstick</div> <div>Seasoned Broccoli Florets</div>	<div>8</div> <div>PAPA GINO's Cheese Pizza & Pepperoni Pizza <i>Delivered Hot and Ready to Eat</i></div> <div>Sautéed Zucchini & Yellow Squash</div>	<div>Cals763</div> <div>Sodium1224 mg</div> <div>Carb110.4 g</div> <div>T. Fat22.2 g</div> <div>S. Fat6.3 g</div>
<div>11</div> <div>Baked Chicken Tenders School Baked Roll Choice of Dipping Sauces</div> <div>Garlic Parmesan Noodles Mixed Vegetables</div>	<div>12</div> <div>Loaded Potato Bar Baked or Sweet Potato Topped Your Choice of Cheddar Cheese Sauce, Seasoned Beef, Lettuce , Tomatoes and/or Sour Cream</div> <div>Garlic Broccoli Florets Spicy Black Beans</div>	<div>13</div> <div>Steak & Cheese Sub Sliced Beef Strips Sautéed with Onions & Peppers Topped with Cheese served in a WG Sub Roll</div> <div>Seasoned Green Beans</div>	<div>14</div> <div>Breakfast For Lunch Egg & Cheese Omelet Breakfast Sausage Sliced WG Croissant</div> <div>Roasted Potatoes Glazed Carrots</div>	<div>15</div> <div>St. Patrick's Day Shepherd's Pie Seasoned Beef Layered with Corn & Mashed Potatoes School Baked Roll</div> <div>Yellow Wax Beans Carrot Cake</div>	<div>Cals783</div> <div>Sodium1093 mg</div> <div>Carb104.7 g</div> <div>T. Fat28.7 g</div> <div>S. Fat7.3 g</div>
<div>18</div> <div>Chicken Drumsticks Glazed w/ BBQ Sauce or Glazed w/ Italian Seasoning School Baked Roll</div> <div>Roasted Butternut Squash Baked Beans</div>	<div>19</div> <div>Quesadillas Chicken or Pork Quesadilla with Lettuce, Tomatoes, Salsa, & Sour Cream</div> <div>Rice & Veg Casserole Buttered Carrots</div>	<div>20</div> <div>Soup & Sandwich Manager's Choice Assorted Soup & Sandwiches Lettuce & Tomatoes</div> <div>Seasoned Potato Wedges</div>	<div>21</div> <div>Chicken & Pasta Crispy Chicken Patty or Chicken Parmesan served w/ Pasta and Marinara Sauce School Baked Roll</div> <div>Seasoned Green Beans</div>	<div>22</div> <div>Calzones 3-Cheese Stuffed Calzone Marinara Dipping Sauce</div> <div>Roasted Cauliflower Baby Carrots w/ Ranch Dip</div>	<div>Cals758</div> <div>Sodium1221 mg</div> <div>Carb106.2 g</div> <div>T. Fat23.0 g</div> <div>S. Fat6.8 g</div>
<div>25</div> <div>Meatball Sub with Marinara Sauce and Mozzarella Cheese on a WG Sub Roll</div> <div>Seasoned Potato Wedges Mixed Vegetables</div>	<div>26</div> <div>Taco Tuesday Beef, Chicken or Fish Tacos served w/ choice of Salsa, Sour Cream, Lettuce, & Tomatoes</div> <div>Rice & Vegetable Casserole Spicy Black Beans Corn Niblets</div>	<div>27</div> <div>Managers Choice </div>	<div>28</div> <div>Pasta Bar Chicken Broccoli Alfredo or Italian Meat Sauce served w/ choice of Penne or Rotini & WG School Baked Roll</div> <div>Seasoned Broccoli Florets Three Bean Salad</div>	<div>29</div> <div>Sal's Cheese Pizza North End Inspired Cheese Pizza or White Garlic Pizza</div> <div>Roasted Cauliflower</div>	<div>Cals765</div> <div>Sodium1104 mg</div> <div>Carb108.8 g</div> <div>T. Fat22.2 g</div> <div>S. Fat6.5 g</div>

Our Breads, Tortillas, Pasta, Pizza & Rice are Whole Grain. All Meals Meet USDA Standards for Nutrition & Portion Size.
Interested in working in our school cafeterias? Call 413-448-9608.

Breakfast Available in All Pittsfield Schools
High School Breakfast Options:

- Daily Breakfast Entrees:
- Hot Breakfast Sandwiches
 - Assorted Whole Grain Muffins & Breads
 - Assorted Rd Sugar Cereal
 - Fruit Filled Breakfast Bars & Oatmeal Benefit Bars
 - French Toast, Pancakes or Waffles

- Offered Daily:
- Various Protein Options:
 - Yogurt
 - String Cheese
 - Eggs
 - Fresh Fruit, Chilled Fruit & 100% Fruit Juices
 - Low-Fat Or Fat Free Milk