PITTSFIELD MIDDLE SCHOOLS MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Weekly Breakfast Choices Include:	**Nutrient Dense Grains:** Toast, Reduced Sugar Cereals Bagels, Muffins, Benefit Bars & Grain/Protein Combos	**Vitamin Rich Fruit:** Fresh Fruit or Cupped Fruit & 100% Fruit Juices	**Lean Protein:** Fruit Flavored Yogurt Eggs	**Milk** Low-Fat Milk & Non-Fat Flavored Milk Available Daily	
	Visit www.pittsfield.net	To View full Breakfast Menu Click on Lunch Menus			Weekly Average
2	3 **Baked Chicken Tenders** served w/Honey Mustard Sauce School Baked Roll Glazed Carrots Potato Smiles	4 **Toasty Grilled Cheese or Fruit & Yogurt Parfait** Boston Baked Beans ***Tomato*** **,** Cuke & Mozzarella Salad Fresh Baby Carrots w/Dip	5 **Italian Cold Cut Sub** Lettuce & Tomato Baked Potato Chips Vegetable Sticks Fresh Broccoli Salad	6 **Sal's Cheese Pizza or Sal's Garlic Pizza** Sliced Zucchini Medley	Cals 663 Sodium 1118 mg Carb 92.9 g T. Fat 21.3 g S. Fat 7.0 g
9 **BBQ Beef Riblets** Crinkle Cut Potatoes Glazed Carrots	10 **Spaghetti & Meat Sauce** School Baked Roll Seasoned Green Beans Chickpea Salad	***Breakfast for Lunch*** 11 **French Toast Sticks w/ Syrup Breakfast Sausage or Fruit & Yogurt Parfait** Sweet Potato Fries Cucumber Dill Salad	12 **Taco or Tortilla with Beef Filling** Rice & Vegetable Casserole Lettuce & *Tomato* Corn, Salsa	13 **Cheese Pizza Pepperoni Pizza** Seasoned Broccoli Florets	Cals 671 Sodium 837 mg Carb 92.5 g T. Fat 20.9 g S. Fat 6.9 g
16 **Ham & Cheese Croissant** Roasted Carrot Fries	17 **Macaroni & Cheese** WG Garlic Knot Roll Mixed Vegetables Medley	18 **Baked Fish Sticks & Cornbread or Fruit & Yogurt Parfait or Turkey Hotdogs** Boston Baked Beans Red & Green Pepper Sticks w/ Low-Fat Ranch Dip	***Stuffed Spud*** 19 **Baked Potato with Choice of** Seasoned Beef, Cheese Sauce, Tostitos Rounds, School Baked Roll, Seasoned Broccoli Florets and Salsa	20 **Half Day**	Cals 676 Sodium 1201 mg Carb 91.9 g T. Fat 22.1 g S. Fat 7.5 g
23 **Baked Chicken Teriyaki** Parmesan Noodles Warm Breadstick Asian Green Beans	24 **Chicken Quesadilla or Cheese Quesadilla** Buttered Carrots Salsa, Lettuce & Tomatoes Black Bean & Corn Salad	25 **Meatball & Cheese Sub or Fruit & Yogurt Parfait** Baked Potato Wedges Roasted Chickpeas	26 **Roast Turkey & Gravy** Sweet Corn Mashed Potatoes School Baked Roll	27 **Cheese Pizza or Cheesy Hamburger Pizza** Roasted Cauliflower	Cals 641 Sodium 1093 mg Carb 86.0 g T. Fat 19.0 g S. Fat 6.0 g

All Meals Include Choices of Fresh and Chilled Fruit, Baby Carrots Snack Pack, Vegetable of the Day and Milk;

Including locally Grown Produce When Available Featured this Month Tomatoes

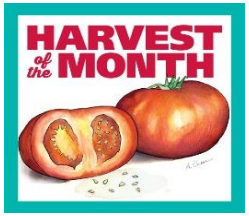
BREAKFAST SERVED IN ALL SCHOOLS

Available Daily: Cheeseburger, Hamburger or Peanut Butter & Jelly

Available Tuesday & Thursday: Assorted Salad Entrees

Menu Subject To Change

Pittsfield School Nutrition Services
We Serve Education Every Day



School Nutrition Services is Looking to Hire Substitute Cafeteria Helpers. Flexible Hours, Will Train. Call 448-9608 for More Information

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