

High School Lunch Menu

September 2019

Available Daily

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



Pittsfield Public Schools
Nutrition Services
We Serve Education Every Day

Daily Side Choices:

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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Average	
   <p>Breakfast Served at PHS & THS 6:45-7:20</p> <p>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</p>	 <p>Labor Day</p>	<p>Baked Chicken Tenders School Baked Roll Choice of Dipping Sauce Garlic Parmesan Noodles Seasoned Green Beans</p>	<p>Hot Ham & Cheese Croissant Orange Glazed Carrots Baked Beans</p>	<p>Pork & Cheese Enchiladas Pork & Cheese filled Flour Tortilla Topped w/ Enchilada Sauce Rice & Vegetable Casserole Seasoned Broccoli Florets</p>	<p>Sal's Cheese Pizza or Sal's Garlic Pizza Sautéed Zucchini Medley Blueberry Crisp</p>	<p>Cals 766 Sodium 1194 mg Carb 105.7 g T. Fat 25.2 g S. Fat 7.6 g</p>
<p>Oven Roasted Chicken Glazed w/ BBQ Sauce or Glazed w/ Italian Seasoning School Baked Roll Garlic Noodles Mixed Vegetables</p>	<p>Taco Tuesday Beef, Chicken or Fish Tacos served w/ choice of Rice, Salsa, Sour Cream, Lettuce, & Tomatoes Sweet Corn Black Bean Salad</p>	<p>Hot Sandwiches Turkey, Bacon & Cheese Melt or Grill Cheese Crinkle Cut Potatoes Tomato and Cucumber Salad</p>	<p>Pasta Bar Choice of Chicken Alfredo, Meat Sauce or Marinara Sauce served with Penne & WG School Baked Roll Seasoned Green Beans</p>	<p>Cheese Pizza or Pepperoni Pizza or Cheesy Hamburger Pizza Garlic Parmesan Broccoli Chickpea Salad</p>	<p>Cals 758 Sodium 1052 mg Carb 104.7 g T. Fat 24.1 g S. Fat 7.3 g</p>	
<p>Meatball Sub with Marinara Sauce and Mozzarella Cheese on a WG Sub Roll Rockin Pasta Salad Yellow Wax Beans</p>	<p>Asian Bar Tangerine Chicken or General Tso Chicken served with Asian Noodles Vegetable Stir-fry Roasted Chickpeas</p>	<p>Chicken & Waffles Crispy Chicken Tenders and Waffles w/ Maple Syrup Roasted Potatoes Orange Glazed Carrots</p>	<p>Roast Turkey & gravy School Baked Roll Mashed Potatoes Sweet Corn Hot Apple Crisp</p>	<p>Half Day</p> 	<p>Cals 788 Sodium 1253 mg Carb 115.7 g T. Fat 22.5 g S. Fat 5.6 g</p>	
<p>Chicken & Potato Bowl Crispy Chicken Bites w/ Mashed Potato, Gravy and School Baked Roll Sweet Corn</p>	<p>Breakfast for Lunch Egg & Cheese Omelet Cinnamon French Toast Breakfast Sausage Blueberry Sauce or Pancake Syrup Seasoned Potato Wedges Buttered Carrot Coins</p>	<p>Chicken Fajita Bomb Chicken Strips Sautéed with Onions & Peppers served in a WG Sub Roll Drizzled with Cheddar Cheese Sauce Seasoned Broccoli Spicy Black Beans</p>	<p>Pasta Bar Macaroni & Cheese or Chicken Scampi & Rotini Served with Warm Breadstick Mixed Vegetables Blueberry Crisp</p>	<p>Cheese Pizza Ham & Pineapple Pizza Vegetarian Pizza Roasted Cauliflower or Buffalo Roasted Cauliflower</p>	<p>Cals 762 Sodium 1115 mg Carb 104.8 g T. Fat 24.1 g S. Fat 6.8 g</p>	

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:

