








Breakfast Available Everyday: Visit www.pittsfield.net to View Full Breakfast Menu. Click on Lunch Menu

PITTSFIELD MIDDLE SCHOOLS MENU NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
New Orleans Mandarin Chicken or General Tso Chicken School Baked Roll Asian Noodles Orange Glazed Carrots	Election Day 	Chicken Noodle Soup Deli Melt on a Ciabatta Roll Cherry Tomato Cup and/or Fresh Broccoli Salad 	Cheese Quesadilla Or Chicken & Cheese Quesadilla Rice & Vegetable Casserole Buttered Corn Spicy Black Beans Salsa	Cheese Pizza or Pepperoni Pizza Oven Roasted Zucchini Medley Baby Carrots & Ranch Dip 	Cals 691 Sodium 1112 mg Carb 96.7 g T. Fat 20.1 g S. Fat 7.0 g
Veterans Day Holiday 	French Toast Sticks w/Syrup Chicken Breakfast Sausage Scrambled Eggs Or Hard Boiled Eggs Roasted "Home Fries" Potatoes	Tomato Soup Toasty Grilled Cheese Or Turkey Hotdogs Sweet Potato Fries Red & Green Pepper Strips	Beef Chili Bowl WG Tostitos Rounds Cornbread Seasoned Broccoli Florets	Sal's Cheese Pizza Sal's White Garlic Pizza Roasted Cauliflower Kale & Romaine Salad w/ Roasted Chickpeas 	Cals 676 Sodium 999 mg Carb 95.3 g T. Fat 21.2 g S. Fat 6.8 g
Baked Popcorn Chicken w/ Barbeque Sauce School Baked Roll Roasted Butternut Squash	Chicken Scampi Served w/ Rotini Pasta Italian Garlic Bread Seasoned Green Beans	Ham & Cheese Croissant Or Egg & Cheese Croissant Baked Beans Creamy Coleslaw	Roast Turkey & Gravy Mashed Potatoes School Baked Roll Buttered Corn Apple Crisp	Cheese Pizza Bites w/ Marinara Sauce Seasoned Broccoli Florets	Cals 669 Sodium 1153 mg Carb 90.8 g T. Fat 21.3 g S. Fat 6.4 g
Spicy Chicken Patty or Chicken Patty on a Roll Mixed Vegetables	Turkey Club on a Sub Roll Lettuce & Tomato, Pickles Baked Potato Chips Orange Glazed Carrots	Food Service is Hiring!! Full & Part-Positions School Day Schedule Training Available Call 448-9608			Cals 704 Sodium 1311 mg Carb 99.4 g T. Fat 19.0 g S. Fat 5.0 g

All Meals Include Choices of Fresh and Chilled Fruit, 100% Fruit Juice, Vegetables, Fresh Garden Salad and Milk;

Including Locally Grown Produce When Available. Featured This Month--Kale

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



Pittsfield School Nutrition Services
We Serve Education Every Day



School Nutrition Services is Looking to Hire. Full & Part-time Positions Available, Flexible Hours, Will Train. Call 448-9608 for More Information

This Institutions is an Equal Opportunity Provider and Employer