



## Deer Lakes High School

### April Menu



**WE'RE Hiring!**

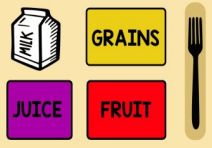
CAFETERIA FOOD SERVICE EMPLOYEE

CONTACT: JACOB DOUGLAS  
JDOUGLAS@DEERLAKES.NET

DEERLAKES.COM

### What Makes A BREAKFAST

SELECT 3 ITEMS:

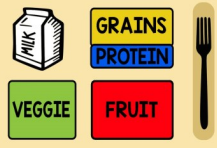


one must be a

**FRUIT** or **JUICE**

### What Makes A LUNCH

SELECT 3-5 ITEMS:



one must be a

**FRUIT** or **VEGGIE**



# PRFSD

Pittsburgh Regional Food Service Directors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 <sup>st</sup>	April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>
		<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Maxx Sticks w/ Marinara Sauce Roasted Cauliflower & Broccoli Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Mac N' Cheese w/ Breadstick Steamed Green Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> BBQ Pulled Pork Sandwiches Steamed Carrots Assorted Fruit Choice of Vegetable
		April 8 <sup>th</sup>	April 9 <sup>th</sup>	April 10 <sup>th</sup>
<b>Breakfast</b> Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Cheeseburger w/ Bacon Onion Rings Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Walkin Taco Tuesday! Steamed Corn Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Spaghetti & Meatballs Steamed Broccoli Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Grilled Cheese Sandwich Tomato Soup Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Three-Cheese Calzone Waffle Fries Assorted Fruit Choice of Vegetable
April 15 <sup>th</sup>	April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup>	April 19 <sup>th</sup>
<b>Breakfast</b> Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Baked Ravioli w/ Sauce Spiral Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Popcorn Chicken Steamed Green Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Ham & Cheese Pretzel Melt Steamed Carrots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Boneless Wings w/ Pretzel Stick Potato Wedges Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Pittsburgh Steak Salad w/ Dinner Roll & French Fries Assorted Fruit Choice of Vegetable



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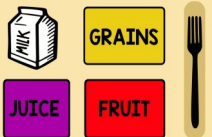
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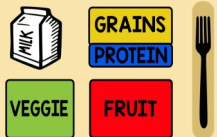
SELECT 3 ITEMS:



one must be a **FRUIT** or **JUICE**

### What Makes A LUNCH

SELECT 3-5 ITEMS:



one must be a **FRUIT** or **VEGGIE**



# PRFSD

Pittsburgh Regional Food Service Directors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 22 <sup>nd</sup>	April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup>	April 26 <sup>th</sup>
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> General Tso's Chicken Steamed Rice & Vegetables Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Pasta Bar w/ Garlic Bread Steamed Broccoli Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Italian Dunkers French Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> <b>Breakfast for Lunch!!</b> Breakfast Sandwich Toasted Hashbrowns Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Chicken & Waffles French Fries Assorted Fruit Choice of Vegetable
April 29 <sup>th</sup>	April 30 <sup>th</sup>	<p>School breakfast is shown to provide about...</p> <ul style="list-style-type: none"> <li>48% OF THE FRUIT</li> <li>40% OF THE DAIRY FOODS</li> <li>30% OF THE WHOLE GRAINS</li> </ul> <p>students need for the entire day.</p> <p><small>Based on the School Nutrition and Meal Cost Study, 2019</small></p>		
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> Buffalo Chicken Dip w/ Tostitos Steamed Mixed Vegetables Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <b>Lunch</b> Turkey, Bacon, & Cheese Sandwich Tater Tots Assorted Fruit Choice of Vegetable			

**FUN FOOD FACT**

WATERMELON & BANANAS ARE BERRIES, BUT STRAWBERRIES ARE NOT!

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**MANAGE BALANCES**

Make payments, view purchase history, and receive low balance alerts. For convenience, set up automatic payments to replenish their cafeteria funds.