



Deer Lakes Middle School

April Menu



WE'RE Hiring!

CAFETERIA FOOD SERVICE EMPLOYEE

CONTACT: JACOB DOUGLAS
JDOUGLAS@DEERLAKES.NET

DEERLAKES.COM

What Makes A BREAKFAST

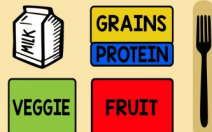
SELECT 3 ITEMS:



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



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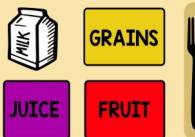
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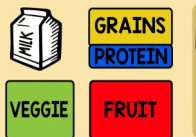
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What Makes A LUNCH

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PRFSD

Pittsburgh Regional Food Service Directors

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

STRONGER WITH SCHOOL BREAKFAST

School breakfast is shown to provide about...

- 48% OF THE FRUIT
- 40% OF THE DAIRY FOODS
- 30% OF THE WHOLE GRAINS

students need for the entire day.

Based on the School Nutrition and Meal Cost Study, 2019

FUN FOOD FACT

WATERMELON & BANANAS ARE BERRIES, BUT STRAWBERRIES ARE NOT!

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