



# AUG/SEPTEMBER MENU

SECONDARY

## AVAILABLE DAILY

### ALTERNATE LUNCH ENTREE ITEMS

ITALIAN HOAGIE  
PEANUT BUTTER AND JELLY SANDWICH  
CHEF'S SALAD

### CHOICE OF MILK/JUICE

FAT FREE, 1% WHITE, 1% CHOCOLATE,  
1% STRAWBERRY, & 1% VANILLA MILK  
ASSORTED 100% FRUIT JUICE

### BREAKFAST

ASSORTED CEREAL, POPTARTS, MUFFINS, AND MUFFIN TOPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Aug 24 <sup>th</sup>	Aug 25 <sup>th</sup>	Aug 26 <sup>th</sup>
		<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Whole Grain Pancake Sausage on a Stick Tater Tots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> Maxx Sticks Steamed Carrots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Chicken Tenders w/ Dinner Rolls Waffle fries Assorted Fruit Choice of Vegetable
Aug 29 <sup>th</sup>	Aug 30 <sup>th</sup>	Aug 31 <sup>th</sup>	Sept. 1 <sup>st</sup>	Sept. 2 <sup>nd</sup>
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> Grilled Cheese Sandwich w/ Tomato Soup Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Italian Dunkers Curly Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Pulled Pork Sandwich Peas and Carrots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> Hot Ham and Cheese on a Pretzel Bun Potato Wedges Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Pierogies Steamed Carrots Assorted Fruit Choice of Vegetable
Sept. 5 <sup>th</sup>	Sept. 6 <sup>th</sup>	Sept. 7 <sup>th</sup>	Sept. 8 <sup>th</sup>	Sept. 9 <sup>th</sup>
<p style="text-align: center;"><b>NO SCHOOL</b></p> 	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Fajita Chicken on a Whole Grain Wrap Tater Tots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Double Hot Dog Steamed Green Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> Pasta w/ Alfredo Sauce Fresh Bread Stick French Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Chicken and Biscuit w/ Gravy Mashed Potatoes Assorted Fruit Choice of Vegetable

Deer Lakes School District is an equal opportunity education institution and will not discriminate on the basis of race, color national origin, sex, age and handicap in its activities, programs or employment practices as required by Title VI, Title IX, Section 504 and further, with the PA Human Relations Act. For info. regarding civil rights or grievance procedures, contact the Title IX Coord. or the Section 504/ADA Title II Coord. at (724-265-5300). For info. regarding services, activities and facilities that are accessible to and usable by handicapped persons, contact the School Board Secretary (724-265-5300)

#### Fruit Options May Include:

- \* Blueberries
- \* Diced Peaches
- \* Sliced Peaches
- \* Diced Pears
- \* Fresh Apple Slices
- \* Fresh Orange
- \* Mandarin Oranges
- \* Mixed Fruit Cup
- \* Petite Banana
- \* Pineapple Tidbits
- \* Red Delicious Apple
- \* Sliced Peaches
- \* Tropical Fruit Salad

#### Vegetable Options May Include:

- \* Broccoli Salad
- \* Cole Slaw
- \* Crisp Baby Carrots
- \* Crisp Celery Sticks
- \* Fresh Broccoli Florets
- \* Fresh Cucumber Slices
- \* Fresh Red & Green Peppers
- \* Garden Salad
- \* Roasted Chickpeas



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ASSORTED CEREAL, POPTARTS, MUFFINS, AND MUFFIN TOPS

Fruit Options May Include:	Vegetable Options May Include:
* Blueberries	* Broccoli Salad
* Diced Peaches	* Cole Slaw
* Sliced Peaches	* Crisp Baby Carrots
* Diced Pears	* Crisp Celery Sticks
* Fresh Apple Slices	* Fresh Broccoli Florets
* Fresh Orange	* Fresh Cucumber Slices
* Mandarin Oranges	* Fresh Red & Green Peppers
* Mixed Fruit Cup	* Garden Salad
* Petite Banana	* Roasted Chickpeas
* Pineapple Tidbits	
* Red Delicious Apple	
* Sliced Peaches	
* Tropical Fruit Salad	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 12 <sup>th</sup>	Sept. 13 <sup>th</sup>	Sept. 14 <sup>th</sup>	Sept. 15 <sup>th</sup>	Sept. 16 <sup>th</sup>
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> WG Chicken Nuggets w/ WG Dinner Roll Green Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Chicken Patty Sandwich Steamed Corn Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Cheeseburger on a WG Bun Baked Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> WG Chicken Tenders w/ WG Dinner Roll Steamed Carrots Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Stuffed Crust Pizza Mixed Vegetables Assorted Fruit Choice of Vegetable
Sept. 19 <sup>th</sup>	Sept. 20 <sup>th</sup>	Sept. 21 <sup>st</sup>	Sept. 22 <sup>nd</sup>	Sept. 23 <sup>rd</sup>
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> Bosco Sticks w/ Marinara Sauce Shredded Hashbrowns Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Bacon Cheeseburger Steamed Broccoli Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Super Nachos w/ Beef and Cheese Spiral Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> Orange Kissed Chicken Bowl Stir Fry Vegetables Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> French Bread Pizza Mixed Vegetables Assorted Fruit Choice of Vegetable
Sept. 26 <sup>th</sup>	Sept. 27 <sup>th</sup>	Sept. 28 <sup>th</sup>	Sept. 29 <sup>th</sup>	Sept. 30 <sup>th</sup>
<b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice <b>Lunch</b> Deli Bar Crinkle Cut Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <b>Lunch</b> Lancer Bowl Mashed Potatoes w/ Corn Assorted Fruit Choice of Vegetable	<b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <b>Lunch</b> Mac N' Cheese w/ Breadstick Green Beans Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Warm WG Muffin Choice of Fruit 100% Fruit Juice <b>Lunch</b> Steak and Cheese Hoagie Spiral Fries Assorted Fruit Choice of Vegetable	<b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice <b>Lunch</b> Maxx Sticks Steamed Broccoli Assorted Fruit Choice of Vegetable