

Deer Lakes School District
SECONDARY 6-12 MENU

**August-September
Menu**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENUS SUBJECT TO CHANGE

**ALTERNATIVE OPTIONS
AVAILABLE DAILY**

ALTERNATIVE ENTREES


- Italian Hoagie
- Peanut Butter and Jelly Sandwich
- Chef's Salad

CHOICE OF MILK/JUICE


- Fat Free, 1% White, 1% Chocolate
- 1% Strawberry, & 1% Vanilla
- 100% Assorted Fruit Juice

BREAKFAST

- Assorted Cereal, Pop Tarts, Muffins, Muffin
Tops

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>FREE BREAKFAST FOR ALL STUDENTS</p> <p>REGARDLESS OF ELIGIBILITY FOR THE 2023-2024 SCHOOL YEAR</p>		Aug 23th Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Maxx Sticks Steamed Carrots Tater Tots Assorted Fruit Choice of Vegetable	Aug 24th Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Whole Grain Pancake Sausage on a Stick Hashbrowns Assorted Fruit Choice of Vegetable	Aug 25th Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Italian Dunkers Peas and Carrots Assorted Fruit Choice of Vegetable

Aug 28 th	Aug 29 th	Aug 30 th	Aug 31 st	Sept. 1 st
Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Grilled Cheese Sandwich w/ Tomato Soup Assorted Fruit Choice of Vegetable	Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Chicken Quesadillas w/ Sour Cream and Salsa Steamed Corn Assorted Fruit Choice of Vegetable	Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Pulled Pork Sandwich Peas and Carrots Assorted Fruit Choice of Vegetable	Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Hot Ham and Cheese on a Pretzel Bun Potato Wedges Assorted Fruit Choice of Vegetable	Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Pierogies w/ Onions Steamed Carrots Assorted Fruit Choice of Vegetable

Sept. 4 th	Sept. 5 th	Sept. 6 th	Sept. 7 th	Sept. 8 th
	Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Fajita Chicken Bowl w/ Black Beans and Corn Spanish Rice Assorted Fruit Choice of Vegetable	Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Double Hot Dog on a Bun French Fries Assorted Fruit Choice of Vegetable	Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Pasta w/ Alfredo Sauce Fresh Bread Stick Steamed Green Beans Assorted Fruit Choice of Vegetable	Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Chicken and Biscuit w/ Gravy Mashed Potatoes Assorted Fruit Choice of Vegetable

**What Makes A
BREAKFAST**

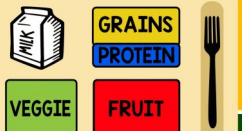
SELECT 3 ITEMS:



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

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AVAILABLE DAILY**

ALTERNATIVE ENTREES

Italian Hoagie

Peanut Butter and Jelly Sandwich

Chef's Salad

CHOICE OF MILK/JUICE

Fat Free, 1% White, 1% Chocolate

1% Strawberry, & 1% Vanilla

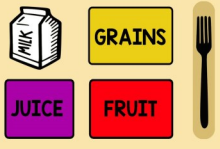
100% Assorted Fruit Juice

BREAKFAST

*Assorted Cereal, Pop Tarts, Muffins, Muffin
Tops*

**What Makes A
BREAKFAST**

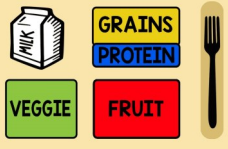
SELECT 3 ITEMS:



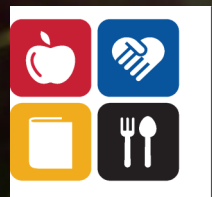
one must be a
FRUIT or **JUICE**

**What Makes A
LUNCH**

SELECT 3-5 ITEMS:



one must be a
FRUIT or **VEGGIE**



PRFSD
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 11 th	Sept. 12 th	Sept. 13 th	Sept. 14 th	Sept. 15 th
<p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Bacon Cheeseburger Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Hot Ham and Cheese on a Pretzel Bun Shoe String French Fries Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Pulled Pork Sandwich w/ Onion Rings Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Lancer Bowl Mashed Potatoes & Gravy w/ Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Roasted Turkey w/ Au Gratin Potatoes Assorted Fruit Choice of Vegetable</p>
Sept. 18 th	Sept. 19 th	Sept. 20 th	Sept. 21 st	Sept. 22 nd
<p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Bosco Sticks w/ Marinara Sauce Shredded Hashbrowns Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Potato Bar Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Super Nachos w/ Beef and Cheese Spiral Fries Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Orange Kissed Chicken Bowl Stir Fry Vegetables Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chili Cheese Dog Emoticon Fries Assorted Fruit Choice of Vegetable</p>
Sept. 25 th	Sept. 26 th	Sept. 27 th	Sept. 28 th	Sept. 29 th
<p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Boneless Wings Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Lancer Bowl Mashed Potatoes w/ Corn Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Mac N' Cheese w/ Breadstick Green Beans Assorted Fruit Choice of Vegetable</p>	<p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Steak and Cheese Hoagie Spiral Fries Assorted Fruit Choice of Vegetable</p>	<p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Breakfast for Lunch!! French Toast Sticks Bacon & Hashbrowns Assorted Fruit Choice of Vegetable</p>