



Deer Lakes Middle School March Menu



**WE'RE
Hiring!**

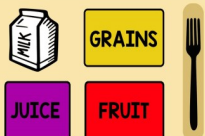
CAFETERIA FOOD
SERVICE EMPLOYEE

CONTACT: JACOB DOUGLAS
JDOUGLAS@DEERLAKES.NET

DEERLAKES.COM

What Makes A BREAKFAST

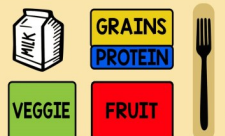
SELECT 3 ITEMS:



one must be a
FRUIT or **JUICE**

What Makes A LUNCH

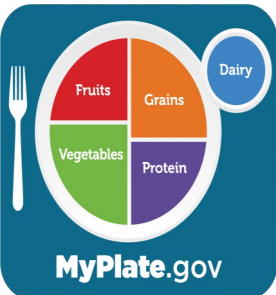

SELECT 3-5 ITEMS:



one must be a
FRUIT or **VEGGIE**



PRFSD
Pittsburgh Regional Food Service Directors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				March 1st
 				<u>Breakfast</u> Homemade Donuts Choice of Fruit 100% Fruit Juice <u>Lunch</u> Fish Sandwiches Steamed Carrots Assorted Fruit Choice of Vegetable
March 4th	March 5th	March 6th	March 7th	March 8th
<u>Breakfast</u> Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice <u>Lunch</u> Lancer Bowl Mashed Potatoes & Gravy Assorted Fruit Choice of Vegetable	<u>Breakfast</u> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <u>Lunch</u> Double Taco Tuesday! Steamed Green Beans Assorted Fruit Choice of Vegetable	<u>Breakfast</u> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <u>Lunch</u> Bosco Sticks w/ Marinara French Fries Assorted Fruit Choice of Vegetable	<u>Breakfast</u> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <u>Lunch</u> Potato Bar Steamed Broccoli Assorted Fruit Choice of Vegetable	<u>Breakfast</u> Homemade Donuts Choice of Fruit 100% Fruit Juice <u>Lunch</u> Shrimp Poppers w/ Sauce Waffle Fries Assorted Fruit Choice of Vegetable
March 11th	March 12th	March 13th	March 14th	March 15th
2-HOUR DELAY <u>Breakfast</u> Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice <u>Lunch</u> Orange Chicken Bowl Steamed Brown Rice Steamed Broccoli Assorted Fruit Choice of Vegetable	<u>Breakfast</u> Breakfast Sandwich Choice of Fruit 100% Fruit Juice <u>Lunch</u> Chicken Quesadillas Steamed Corn Assorted Fruit Choice of Vegetable	<u>Breakfast</u> WG Dutch Waffle Choice of Fruit 100% Fruit Juice <u>Lunch</u> Philly Cheesesteak Hoagies French Fries Assorted Fruit Choice of Vegetable	<u>Breakfast</u> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice <u>Lunch</u> Beef Burrito Bowl w/ Black Beans Mixed Vegetables Assorted Fruit Choice of Vegetable	<u>Breakfast</u> Homemade Donuts Choice of Fruit 100% Fruit Juice <u>Lunch</u> Pasta Bar Potato Wedges Steamed Broccoli Assorted Fruit Choice of Vegetable



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What Makes A BREAKFAST

SELECT 3 ITEMS:



GRAINS

JUICE

FRUIT

one must be a
FRUIT or **JUICE**

What Makes A LUNCH

SELECT 3-5 ITEMS:



GRAINS

PROTEIN

VEGGIE

FRUIT

one must be a
FRUIT or **VEGGIE**



PRFSD

Pittsburgh Regional Food Service Directors

MONDAY

March 18th

Breakfast

Fresh Smoothies
Choice of Fruit
100% Fruit Juice

Lunch

Ham Sandwich on a
Pretzel Bun
Potato Wedges
Assorted Fruit
Choice of Vegetable

TUESDAY

March 19th

Breakfast

Breakfast Sandwich
Choice of Fruit
100% Fruit Juice

Lunch

Super Nachos w/
Tater Tots
Assorted Fruit
Choice of Vegetable

WEDNESDAY

March 20th

Breakfast

WG Dutch Waffle
Choice of Fruit
100% Fruit Juice

Lunch

Korean BBQ Bowl
Steamed Rice &
Broccoli
Assorted Fruit
Choice of Vegetable

THURSDAY

March 21st

Breakfast

WG Breakfast Pizza
Choice of Fruit
100% Fruit Juice

Lunch

Turkey Stuffing Bowl
Mashed Potatoes w/
gravy
Assorted Fruit
Choice of Vegetable

FRIDAY

March 22nd

Breakfast

Homemade Donuts
Choice of Fruit
100% Fruit Juice

Lunch

Grilled Cheese
Sandwich w/ Tomato
Soup
Steamed Broccoli
Assorted Fruit
Choice of Vegetable

March 25th

Breakfast

Fresh Smoothies
Choice of Fruit
100% Fruit Juice

Lunch

Breakfast for Lunch!
Buttermilk Pancakes
Crispy Bacon
Hash Browns
Assorted Fruit
Choice of Vegetable

March 26th

Breakfast

Breakfast Sandwich
Choice of Fruit
100% Fruit Juice

Lunch

Pulled Pork Sandwich
Smiley Fries
Assorted Fruit
Choice of Vegetable

March 27th

Breakfast

WG Dutch Waffle
Choice of Fruit
100% Fruit Juice

Lunch

Chicken Tender Basket
w/ French Fries
Assorted Fruit
Choice of Vegetable

March 28th

March 29th



SPRING
BREAK

NO SCHOOL



FUN
FOOD
FACT

Did You Know?

Potatoes were
the first food
planted in space

schoolcafé

One app
for your
entire
cafeteria.

APPLY FOR FREE &
REDUCED MEALS

Applying for free and reduced meal benefits
has never been easier. Apply, submit, and
track your application status from start to finish
at www.schoolcafe.com/deerlakes

MANAGE BALANCES

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

