



Deer Lakes Middle School

May/June Menu



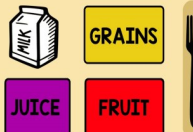
WE'RE
Hiring!

CAFETERIA FOOD SERVICE EMPLOYEE

CONTACT: JACOB DOUGLAS
JDOUGLAS@DEERLAKES.NET
DEERLAKES.COM

What Makes A BREAKFAST

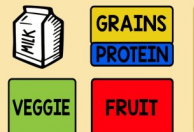
SELECT 3 ITEMS:



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
<p>One app for your entire cafeteria.</p> <p>APPLY FOR FREE & REDUCED MEALS</p> <p>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</p> <p>MANAGE BALANCES</p> <p>Make payments, view purchase history, and receive low balance alerts. For convenience, setup automatic payments to replenish their cafeteria funds.</p>		<p>May 1st</p> <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chicken Tender Basket w/ Dinner Roll French Fries Assorted Fruit Choice of Vegetable</p>	<p>May 2nd</p> <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Korean BBQ Bowl Steamed Rice & Broccoli Assorted Fruit Choice of Vegetable</p>	<p>May 3rd</p> <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Lasagna Roll-Ups Steamed Carrots Assorted Fruit Choice of Vegetable</p>
<p>May 6th</p> <p>Breakfast Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Philly Cheesesteak Hoagies Spiral Fries Assorted Fruit Choice of Vegetable</p>	<p>May 7th</p> <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chicken Quesadillas w/ Sour Cream and Salsa Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p>May 8th</p> <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Spaghetti & Meatballs w/ Butter or Marinara Garlic Bread Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p>May 9th</p> <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Turkey Stuffing Bowl Mashed Potatoes w/ Gravy Assorted Fruit Choice of Vegetable</p>	<p>May 10th</p> <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Grilled Cheese Sandwich w/ Tomato Soup Roasted Cauliflower Assorted Fruit Choice of Vegetable</p>
<p>May 13th</p> <p>Breakfast Honey Breakfast Chicken Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Double Hot Dog on a Bun Waffle Fries Assorted Fruit Choice of Vegetable</p>	<p>May 14th</p> <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Soft/Hard Taco's with Sour Cream and Salsa Mixed Vegetables Assorted Fruit Choice of Vegetable</p>	<p>May 15th</p> <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Toasted Italian Hoagies Steamed Carrots Assorted Fruit Choice of Vegetable</p>	<p>May 16th</p> <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Lancer Bowl Mashed Potatoes & Gravy Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p>May 17th</p> <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Ham & Cheese Pretzel Melt French Fries Assorted Fruit Choice of Vegetable</p>



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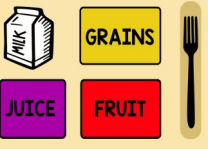
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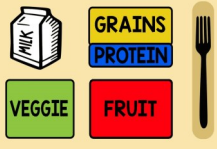


one must be a

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

May 20th

Breakfast

Fresh Smoothies
Choice of Fruit
100% Fruit Juice

Lunch

Loaded Waffle Fries w/
Beef and Cheese
Assorted Fruit
Choice of Vegetable

TUESDAY

May 21st

Breakfast

Breakfast Sandwich
Choice of Fruit
100% Fruit Juice

Lunch

Super Nachos w/ Beef
& Cheese
Mixed Vegetables
Assorted Fruit
Choice of Vegetable

WEDNESDAY

May 22nd

Breakfast

WG Dutch Waffle
Choice of Fruit
100% Fruit Juice

Lunch

Mac N' Cheese w/
Breadstick
Roasted Broccoli
Assorted Fruit
Choice of Vegetable

THURSDAY

May 23rd

Breakfast

WG Breakfast Pizza
Choice of Fruit
100% Fruit Juice

Lunch

Stir Fry Chicken w/
Brown Rice
Mixed Vegetables
Assorted Fruit
Choice of Vegetable

FRIDAY

May 24th



No School

May 27th



May 28th

Breakfast

Breakfast Sandwich
Choice of Fruit
100% Fruit Juice

Lunch

Walkin Taco Tuesday!
Steamed Corn
Assorted Fruit
Choice of Vegetable

May 29th

Breakfast

WG Dutch Waffle
Choice of Fruit
100% Fruit Juice

Lunch

Potato Bar w/ Sour
Cream and Cheese
Steamed Broccoli
Assorted Fruit
Choice of Vegetable

May 30th

Breakfast

WG Breakfast Pizza
Choice of Fruit
100% Fruit Juice

Lunch

French Toast Sticks
Hashbrowns & Bacon
Assorted Fruit
Choice of Vegetable

May 31st

Breakfast

Homemade Donuts
Choice of Fruit
100% Fruit Juice

Lunch

Chicken & Gravy over
Biscuits
Mashed Potato &
Gravy
Assorted Fruit
Choice of Vegetable

June 3rd

Breakfast

Fresh Smoothies
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Choice
Assorted Fruit
Choice of Vegetable

June 4th

Breakfast

Breakfast Sandwich
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Choice
Assorted Fruit
Choice of Vegetable

June 5th

Breakfast

WG Dutch Waffle
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Choice
Assorted Fruit
Choice of Vegetable

June 6th

Breakfast

WG Breakfast Pizza
Choice of Fruit
100% Fruit Juice

