



DEER LAKES
SCHOOL DISTRICT
Today's Learners. Tomorrow's Leaders



SECONDARY 6-12
MAY-JUNE
MENU

AVAILABLE DAILY

ALTERNATE LUNCH ENTREE ITEMS

ITALIAN HOAGIE
PEANUT BUTTER AND JELLY SANDWICH
CHEF'S SALAD

CHOICE OF MILK/JUICE

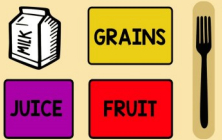
FAT FREE, 1% WHITE, 1% CHOCOLATE,
1% STRAWBERRY, & 1% VANILLA MILK
ASSORTED 100% FRUIT JUICE

BREAKFAST

ASSORTED CEREAL, POPTARTS, MUFFINS, AND MUFFIN TOPS

What Makes A
BREAKFAST

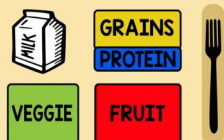
SELECT 3 ITEMS:



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 |
|--|---|---|---|---|
| May 1st | May 2nd | May 3rd | May 4th | May 5th |
| Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Potato Bar Steamed Broccoli Assorted Fruit Choice of Vegetable | Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Breakfast for Lunch!!! French Toast Sicks w/ Hashbrowns and Sausage Assorted Fruit Choice of Vegetable | Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Pulled Pork Sandwich w/ Onion Rings Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Lancer Bowl Mashed Potatoes & Gravy w/ Steamed Corn Assorted Fruit Choice of Vegetable | Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch French Bread Pizza Waffle Fries Assorted Fruit Choice of Vegetable |
| May 8th | May 9th | May 10th | May 11th | May 12th |
| Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Stir Fry Chicken w/ Brown Rice Mixed Vegetables Assorted Fruit Choice of Vegetable | Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Taco Bar Steamed Broccoli & Corn Assorted Fruit Choice of Vegetable | Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Toasted Italian Hoagies Steamed Carrots Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Bacon Cheese Burgers French Fries Assorted Fruit Choice of Vegetable | Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Roasted Turkey w/ Au Gratin Potatoes Assorted Fruit Choice of Vegetable |
| May 15th | May 16th | May 17th | May 18th | May 19th |
| Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Boneless Chicken Wings w/ Sauce on Side Straight Cut Fries Assorted Fruit Choice of Vegetable | Breakfast WG Breakfast Pizza 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 Hot Turkey and Cheese on a Pretzel Bun Potato Wedges Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Meatball Hoagie Tater Tots Assorted Fruit Choice of Vegetable | Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Mac N' Cheese w/ Breadstick Roasted Broccoli Assorted Fruit Choice of Vegetable |



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PEANUT BUTTER AND JELLY SANDWICH
CHEF'S SALAD

CHOICE OF MILK/JUICE

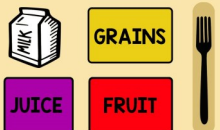
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BREAKFAST

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What Makes A
BREAKFAST

SELECT 3 ITEMS:

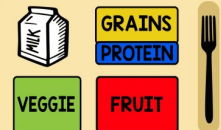


one must be a

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What Makes A
LUNCH

SELECT 3-5 ITEMS:



one must be a

FRUIT or **VEGGIE**



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Pittsburgh Regional Food Service Directors

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| May 22 th | May 23 th | May 24 th | May 25 th | May 26 th |
| Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Pot Roast Sandwich Roasted Red Potatoes Assorted Fruit Choice of Vegetable | Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Italian Dunkers w/ Marinara Spiral Fries Assorted Fruit Choice of Vegetable | Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Chicken Parmesan Sandwich Roasted Cauliflower Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Double Hot Dog on a Bun French Fries Assorted Fruit Choice of Vegetable | |
| May 29 th | May 30 th | May 31 th | June 1 st | June 2 nd |
| We will be CLOSED on MEMORIAL DAY | Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Chicken Corn Dog Nuggets Steamed Green Beans Assorted Fruit Choice of Vegetable | Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Pasta Bar w/ Breadstick Steamed Broccoli Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Lunch Grilled Cheese Sandwiches Steamed Carrots Assorted Fruit Choice of Vegetable | Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice Lunch Pierogies w/ Sauteed Onions Steamed Peas Assorted Fruit Choice of Vegetable |
| June 5 th | June 6 th | June 7 th | June 8 th | |
| Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice Lunch Manager's Choice Assorted Vegetables Assorted Fruit Choice of Vegetable | Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice Lunch Manager's Choice Assorted Vegetables Assorted Fruit Choice of Vegetable | Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice Lunch Manager's Choice Assorted Vegetables Assorted Fruit Choice of Vegetable | Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice Early Dismissal | |