



Pierce Middle School Date: September 15, 2014 - September 19, 2014

A full student lunch includes a choice of entrée supplying protein and grain, up to 3 vegetable side dishes, 1 fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Lunch Price: \$2.65 paid, \$0.40 reduced*, free* (*if qualified)

Adult Lunch Price: \$3.50

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle	Scrambled Eggs French Toast Sticks Mini Bagel Baked Tater Tots	Twin Beef Hard Shell Tacos Brown Rice & Beans Seasoned Broccoli	Popcorn Chicken w/ Mashed Potatoes & Gravy Dinner Roll Whole Grain Cinnamon Breadstick Seasoned Corn	Beef & Bean Chili Corn Bread Mini Biscuit Seasoned Carrots	Breaded Chicken Nuggets Whole Wheat Pita Triangles Baked Potato Smiles
Taste	Breaded Chicken Patty Sandwiches, Spicy Chicken Patty Sandwiches and Cheeseburgers may replace items currently listed on the menu or may be added as another choice without prior notice. Please check the Daily Offerings.				
	Buffalo Chicken Wrap Veggie Burger on a Whole Grain Bun Baked Tater Tots	BBQ Pork Rib on a Whole Grain Bun Turkey Corn Dog Criss-Cut Fries	Hamburger on a Bun Beef & Bean Burrito Baked Potato	Grilled Chicken Club on a Whole Grain Bun Baked Tater Tots	BLT Burger on a Whole Grain Bun Max Chicken & Cheese Quesadilla Baked Potato Wedges
Bake	Available Daily: Cheese Pizza Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	Pepperoni Pizza	Chicken Brushetta Flatbread	Hawaiian Pizza	Bosco Sticks with Sauce	Pepperoni Pizza
Crisp	Available Daily: Assorted meats, cheeses & other proteins; whole grain sliced bread, whole grain wraps, and enriched rolls; shredded romaine lettuce, sliced tomatoes				
	Fresh Spinach Fresh Shredded Carrots Fresh Sliced Tomatoes	Fresh Sliced Celery Fresh Sliced Tomatoes Fresh Red Pepper Strips	Fresh Spinach Fresh Cucumber Coins Sliced Onion	Chopped Romaine Lettuce Fresh Shredded Carrots Broccoli Florettes	Chopped Romaine Lettuce Sliced Onion Fresh Cucumber Coins
OutTakes	Buffalo Chicken Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Chilled Mixed Fruit w/ Fresh Strawberries	Deli Ham on a Whole Wheat Bun Crispy Chicken Popper Salad w/ Croutons & Crackers Fresh Cucumber Coins Fresh Sliced Celery Rosy Applesauce	Three Cheese Honey Mustard Wrap Grilled Chicken Caesar Salad w/ Croutons & Crackers Chick Pea Salad Fresh Baby Carrots Baked Apple Slices	Whole Grain Roast Beef & Cheese Wrap Oriental Chicken Salad w/ Crunchy Asian Topping & Crackers Broccoli Florettes Dark Green Tossed Salad Banana	Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Fresh Cucumber Coins Raisins
	Featured Fruit/Veg Bar Selections	Fresh Baby Carrots Chilled Mixed Fruit w/ Fresh Strawberries Chilled Peaches	Fresh Cucumber Coins Fresh Celery Sticks Rosy Applesauce Mandarin Oranges	Chick Pea Salad Fresh Baby Carrots Baked Apple Slices Chilled Pineapples	Broccoli Florettes Dark Green Tossed Salad Chilled Pears Banana

Menu subject to change without notice



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments?

Please contact Karen Cumming, Food Service Director at 535-4000 x1184 cummka01@southredford.net

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EMPLOYMENT OPPORTUNITIES: Substitute Cook's Helper positions are now available. Anyone interested in working at a school during lunch should contact Karen Cumming at 313-535-4000 x 1184 for more information.