



**MARCH 2022**  
**MIDDLE SCHOOL**  
**LUNCH MENU - CAFÉ STYLE**

Janet L. Gaffney, MS RD LDN  
 Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
<b>LENT BEGINS MARCH 2ND</b> <b>MEATLESS MEALS SERVED ON FRIDAYS</b>	Soft Taco Golden Corn Salsa Fruit Cups Milk  ALT: Turkey & Swiss on a Bun	Grilled Cheese Tomato Soup w/Crackers Carrots w/Ranch Dinner Roll Peaches Milk ALT: Fish on a Bun	Meatball Sandwich on WG Roll w/Mozzarella Cheese Broccoli Florets Potato Smiles Fresh Banana Milk ALT: Turkey & Swiss on a Bun	Greek Gyro on a Pita w/Lettuce & Onions Chilled Pears Steamed Broccoli Milk  ALT: Fish on a Bun
1	2	3	4	5
Bridger Burger French Fries Vegetable Soup & Crackers Applesauce Cup Milk  ALT: Italian Sub	Popcorn Chicken Potato Wedges WG Breadsticks Cheesy Cauliflower Mandarin Craisin Cup Milk ALT: Italian Sub	BBQ Rib on a Bun Cheesy Potatoes Sweet Peas Fruity Sorbet Milk  ALT: Italian Sub	Sloppy Joe on a Bun French Fries Carroteenies w/Ranch Pears au Chocolate Milk  ALT: Italian Sub	Perogies Tossed Salad Garlic Toast Strawberry Cup Milk  ALT: Tuna Melt
7	8	9	10	11
Cheese Pizza Assorted Treat Bags Peas & Carrots Fruity Applesauce Cup Milk  ALT: Ham & American Cheese on Bun	Walking Taco w/Cheddar Cheese Salsa Cup Mex Rice Fresh Orange Milk ALT: Ham & American Cheese on Bun	Breaded Chicken Patty on a Bun French Fries Fresh Veggie Stix w/Ranch Parfait Assorted Fruit Milk ALT: Ham & American Cheese on Bun	<b>St Patrick's Day</b> Rotini & Meatball w/Parm Cheese Green Leprechan Salad Soft Breadsticks, Green Beans Lucky Lime Jello, Green Grapes Milk ALT: Ham & American Cheese on Bun	Mexican Pizza Crinkle Cut Fries Golden Corn Fresh Fruit Milk  ALT: Tuna Noodle Alfredo
14	15	16	17	18
2 Hour Delay Cheeseburger w/Lettuce & Tomato Green Beans Treat Bag Fruit Cup Milk	<b>NO SCHOOL</b>	Wing Ding Basket French Fries Dinner Roll California Veggie Blend Whole Fruit Swirl Milk	Taco in Soft Shell w/Lettuce & Tomato Cheesy Mexican Rice Golden Corn Fiesta Beans Fruit Cocktail Milk	Spicy Chicken Sandwich Pasta Alfredo Fresh Broccoli Fresh Banana Milk  ALT: Fish on a Bun
21	22	23	24	25
Mandarin Chicken over Egg Noodles Stir Fry Veggies Egg Roll Chilled Peaches Milk  ALT: American Hoagie	Hot Dog on Bun w/Cheese & Chilli Potato Pancakes Fresh Green Peppers & Celery Stix Applesauce Cup Milk  ALT: American Hoagie	Stuffed Breadstix w/Sauce Veggie of the Day WG Dinner Roll Assorted Fruits Milk  ALT: American Hoagie	Breaded Chicken w/Gravy Cranberry Sauce Whipped Potatoes Peas Fresh Orange Chocolate Mousse, Milk ALT: American Hoagie	<b>LOOKING FOR A LITTLE EXTRA CASH FLEXIBLE HOURS?</b> Various part-time Food Service Opportunities available this school year. Complete application at- <a href="http://www.ambridge.k12.pa.us">www.ambridge.k12.pa.us</a> Apply For All Clearances Act 34,151, 114 Email: <a href="mailto:jgaffney@ambridge.k12.pa.us">jgaffney@ambridge.k12.pa.us</a> with any concerns.  *AASD is an equal opportunity provider
28	29	30	31	