



**Pine-Richland
Middle School Menu**

STUDENT MEAL PRICE
\$1.90
ADULT MEAL PRICE
\$3.00
ALA CARTE MILK 50¢

Definition of a Meal

ONE Entrée
TWO Sides
ONE Milk

Meal Pricing applies to
Minimum Selection
1 Entrée & 1 Other Item
(Choose from sides or milk)

Breakfast Served Daily
7:10 AM-7:30 AM
\$1.00
Smart Kids Eat Breakfast
Make the grade with
a healthy breakfast.

Fish Available On
Fridays During Lent



*Daily
Fiesta
Zone*

*Daily
Salad
Zone*

*Daily
Breakfast
Zone*

*Daily
Asian
Grill*

*Daily
Fiesta
Zone*

MONDAY

Entrée Choice **1**
BBQ Chicken Chips
w/wo Roll
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Baked Potato Smiles
Cole Slaw
Daily Sides

Entrée Choice **8**
Chicken Parmesan
w/wo Roll
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Side of Pasta w/Sauce
Pudding w/wo Topping
Daily Sides

Entrée Choice **15**
Twin Hard or Soft Tacos
w/wo Salsa
BBQ Rib
Pancake & Sausage on a Stick
Choose Up to Two Sides
Seasoned Rice
Green Beans
Daily Sides

Entrée Choice **22**
Chicken Nuggets
w/wo Roll
Spicy Chicken Patty
Chicken or Plain Lo Mein
Choose Up to Two Sides
Baked Potato Wedges
Green Beans
Daily Sides

Entrée Choice **29**
Chicken Fryz
w/wo Roll
Honey BBQ Rib
Taco Bar
Choose Up to Two Sides
Parslied Potatoes
Cole Slaw
Daily Sides

TUESDAY

Entrée Choice **2**
Lasagna w/wo
Breadstick
Honey BBQ Rib
Fajita Bar
Choose Up to Two Sides
Garden Peas
Pudding w/wo Topping
Daily Sides

Entrée Choice **9**
Ham & Cheese
on a Pretzel Bun
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Baked Tater Tots
Mandarin Oranges
Daily Sides

Entrée Choice **16**
Krispy Chicken Tenders
w/wo Breadstick
BBQ Rib
Egg, Saus. & Cheese Muffin
Choose Up to Two Sides
Whipped Potatoes/Gravy
Golden Corn
Daily Sides

Entrée Choice **23**
Ravioli w/wo Sauce
w/wo Breadstick
Spicy Chicken Patty
Beef & Broccoli Teriyaki
Choose Up to Two Sides
Spinach Salad
Gelatin w/wo Topping
Daily Sides

Entrée Choice **30**
Beef & Cheddar Quesadilla
w/wo Lettuce & Tomato
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Garden Pasta Salad
Pudding w/wo Topping
Daily Sides

WEDNESDAY

Entrée Choice **3**
Pizza Burger
w/wo Pickle Spear
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Baked French Fries
Steamed Broccoli
Daily Sides

Entrée Choice **10**
General Tso
Chicken Nuggets
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Oriental Rice
Carrot Coins
Daily Sides

Happy St. Patrick's Day **17**
Entrée Choice
Irish Baked Potato Bar/Roll
BBQ Rib
Pancake & Sausage on a Stick
Choose Up to Two Sides
Steamed Broccoli
Chili
Lime Gelatin
Daily Sides 

Entrée Choice **24**
Taco in A Bag
w/wo Lettuce & Tomato
Spicy Chicken Patty
Chicken or Plain Lo Mein
Choose Up to Two Sides
Golden Corn
Cinnamon Apple Slices
Daily Sides

Entrée Choice **31**
Chicken Ala King
w/wo Biscuit
Honey BBQ Rib
Taco Bar
Choose Up to Two Sides
Steamed Rice
Broccoli & Cauliflower
Daily Sides

THURSDAY

Entrée Choice **4**
Beef Teriyaki
w/wo Roll
Honey BBQ Rib
Fajita Bar
Choose Up to Two Sides
Couscous
Green Beans
Daily Sides

Entrée Choice **11**
Bacon Cheeseburger
w/wo Toppings
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Baked French Fries
Steamed Veggie Mix
Daily Sides

Entrée Choice **18**
Spaghetti w/wo Sauce
w/wo Garlic Toast
BBQ Rib
Egg, Saus. & Cheese Muffin
Choose Up to Two Sides
Caesar Salad
Fruit Juice Shape Up
Daily Sides

Entrée Choice **25**
Chili Dog
w/wo Cheese Sauce
Spicy Chicken Patty
Beef & Broccoli Teriyaki
Choose Up to Two Sides
Baked Potato Smiles
Vegetarian Beans
Daily Sides



FRIDAY

Entrée Choice **5**
Fish Sandwich
w/wo Cheese
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Au Gratin Potatoes
Mini Rice Krispy Treat
Daily Sides

Entrée Choice **12**
Pierogies w/wo Roll
w/wo Sautéed Onions
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Garden Peas
Chocolate Chip Cookie
Daily Sides

Entrée Choice **19**
Grilled Cheese Sandwich
w/wo Pickle Spear
BBQ Rib
Pancake & Sausage on a Stick
Choose Up to Two Sides
Tomato Soup
Cheez It Crackers
Daily Sides

Entrée Choice **26**
Fish Sandwich
w/wo Cheese
Spicy Chicken Patty
Chicken or Plain Lo Mein
Choose Up to Two Sides
Shells with Cheese
Carrot Coins
Daily Sides

Mar 1 - 5	Mar 8 - 12	Mar 15 - 19	Mar 22 - 26
Calories: 778	Calories: 780	Calories: 828	Calories: 765
Sodium: 2206MG	Sodium: 2690 MG	Sodium: 2111 MG	Sodium: 2342 MG
Iron: 4.3 MG	Iron: 4.6 MG	Iron: 5.1 MG	Iron: 4.4 MG
Vit A: 1732 IU	Vit A: 2432 IU	Vit A: 1673 IU	Vit A: 1787 IU
Vit C: 17.9 MG	Vit C: 15.7 MG	Vit C: 24.6 MG	Vit C: 20.4 MG
Fat: 29.9%	Fat: 24.9%	Fat: 27.9%	Fat: 24.3%
Sat Fat: 10.3%	Sat Fat: 8.8%	Sat Fat: 10.1%	Sat Fat: 8.9%



**M
A
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C
H**

2010

SERVED DAILY
ENTREES
Hamburger
Cheeseburger
Chicken Patty
Cheese Pizza
Italian Hoagie
Turkey Hoagie
Daily Side Choices
Tossed Salad
Veggie Sticks
Fresh Fruit
Canned Fruit
MILK
1% Milk
1% Chocolate

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