



Daily
Fiesta
Zone

Pine-Richland
Middle School Menu

STUDENT MEAL PRICE
\$1.90

ADULT MEAL PRICE
\$3.00

ALA CARTE MILK 50¢

Definition of a Meal
ONE Entree
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.


Daily
Salad
Zone

Daily
Asian
Grill

MONDAY

Entrée Choice ¹
French Toast Sticks
w/wo Sausage Patty
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Hashbrown Triangles
Warm Apple Slices
Daily Sides

Snow Day ⁸

NO SCHOOL ¹⁵
PRESIDENT'S DAY


Entrée Choice ²²
Chicken Nuggets
w/wo Roll
Spicy Chicken Patty
Chicken or Vegetable Lo Mein
Choose Up to Two Sides
Whipped Potatoes/Gravy
Golden Corn
Daily Sides

Nutrition Targets
Calories: 783
Fat: 30% Calories
Sat Fat: <10% Calories
Iron: 4.5 mg
Calcium: 400 mg
Vitamin A: 1500 IU
Vitamin C: 19.175 mg

TUESDAY

Entrée Choice ²
Teriyaki Nuggets
w/wo Roll
Honey BBQ Rib
Fajita Bar
Choose Up to Two Sides
Oriental Rice
Green Beans
Daily Sides

Snow Day ⁹

Entrée Choice ¹⁶
General Tso Chicken
Nuggets w/wo Roll
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Oven Baked Smiles
Garden Peas
Daily Sides

Entrée Choice ²³
Rotini w/wo Meatsauce
w/wo Garlic Bread
Spicy Chicken Patty
Beef & Broccoli Teriyaki/Roll
Choose Up to Two Sides
Caesar Salad
Gelatin w/wo Topping
Daily Sides

Feb. 1 - 5
Calories: 859
Sodium: 2326 MG
Iron: 5.2 MG
Vit A: 2495 IU
Vit C: 23.0 MG
Fat: 27.5 %
Sat Fat: 9.7 %

Feb. 8 - 12
Calories: 784
Sodium: 2355 MG
Iron: 4.7 MG
Vit A: 1727 IU
Vit C: 14.0 MG
Fat: 27.1 %
Sat Fat: 10.0 %

WEDNESDAY

Entrée Choice ³
Chicken Fryz
w/wo Garlic Bread
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Seasoned Noodles
Carrot Coins
Daily Sides

Snow Day ¹⁰

Entrée Choice ¹⁷
Bacon Cheeseburger
w/wo Toppings
OR Fish Sandwich
Daily Salad Zone
Choose Up to Two Sides
Macaroni Salad
Fun Size Baked Cheetos
Daily Sides

Entrée Choice ²⁴
Nachos & Cheese
w/wo Taco Meat
Spicy Chicken Patty
Chicken or Vegetable Lo Mein
Choose Up to Two Sides
Seasoned Rice
Vegetarian Beans
Daily Sides

Feb. 15 - 19
Calories: 847
Sodium: 2455 MG
Iron: 4.5 MG
Vit A: 1560 IU
Vit C: 19.8 MG
Fat: 29.3 %
Sat Fat: 9.5 %

THURSDAY

Entrée Choice ⁴
Spaghetti w/wo Meatsauce
w/wo Breadstick
Honey BBQ Rib
Fajita Bar
Choose Up to Two Sides
Caesar Salad
Fruit Juice Shape Up
Daily Sides

Snow Day ¹¹

NEW ITEM! ¹⁸
Entrée Choice
Baja Chicken Flatbread
w/wo Lettuce & Tomato
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Oven Baked Tater Tots
Golden Corn
Daily Sides

NEW ITEM! ²⁵
Entrée Choice
Italian Stallion Sub
w/wo Lettuce & Tomato
Spicy Chicken Patty
Beef & Broccoli Teriyaki/Roll
Choose Up to Two Sides
Oven Baked Smiles
Greek Salad
Daily Sides

Feb. 22 - 26
Calories: 769
Sodium: 1985 MG
Iron: 4.5 MG
Vit A: 1979 IU
Vit C: 16.9 MG
Fat: 27.8 %
Sat Fat: 8.9 %

FRIDAY

Entrée Choice ⁵
Baked Potato w/wo Roll
w/wo Toppings
Honey BBQ Rib
Fiesta Nachos
Choose Up to Two Sides
Steamed Broccoli
Side of Chili
Daily Sides

Entrée Choice ¹²
Toasted Cheese
w/wo Pickle Spear
Meatball Sub
Daily Salad Zone
Choose Up to Two Sides
Tomato Soup
Valentine's Cookie 
Daily Sides

NEW ITEM! ¹⁹
Entrée Choice
Taco in a Bag w/wo Salsa
Meatball Sub or Fish
Sandwich
Daily Salad Zone
Choose Up to Two Sides
Seasoned Rice
Refried Beans
Daily Sides

NEW ITEM! ²⁶
Entrée Choice
Three Cheese Croissant
w/wo Lettuce & Tomato
BBQ Rib
French Toast Sticks/Sausage
Choose Up to Two Sides
Potato Salad
Fun Size Pretzels
Daily Sides

New!
Sub
Culture
Fresh
Ideas
From the
Deli



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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

