

# SOUTHMORELAND MIDDLE SCHOOL MENU

## APRIL 2024

### Breakfast Offered Daily :

Assorted Whole Grain  
Grab-n-Go Items Vary Daily  
Breakfast Meal includes:

Entrée, Fruit &/or Juice & Milk

#### **Breakfast Prices:**

**Statewide FREE Breakfast  
Adults—\$2.40**

Lunch meal includes 1 entrée (bread & protein), 1-2 vegetables\*, 1-2 different fruits\* & choice of milk (1 % white, 1% chocolate or fat free).  
\*You must select 1 fruit or veggie with your meal.

*Daily fruits & veg sides may include seasonal fresh fruit, side salad, fresh veggie cups, chilled/canned/frozen fruits, 100% fruit juice variety(limit 1) or 100% vegetable juice.*

**WE ARE HIRING, CONTACT US TODAY!**



### Lunch Prices

**Free/Reduced Students—\$0.00**

**Paid Students—\$2.50**

**Adult—\$4.75**

*All menu items subject to change.*

### Fast Lane Grill Features

Mon—Tastyboli, Stromboli, Pullaparts  
Tues—Spicy Chicken Sandwich  
Weds—Double Cheeseburger  
Thurs—Chicken Sandwich  
Fri—Bosco Sticks, Max Sticks, Mozz Pizza Crunchers or Tasty Breaded Mozzarella Sticks

**DON'T FORGET TO CHOOSE A  
FRUIT OR VEG WITH EACH MEAL!**

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Apr. 1-5	<b>SPRING BREAK</b>	Chicken Fries & WG Pretzel w/Dipping Sauce Mashed Potatoes & Gravy Side Garden Salad Fruit Punch or Diced Pears	Stuffed Crust Pepperoni Pizza Seasoned Corn Baby Carrots w/Ranch Berry Applesauce Cup or Diced Peaches	Macaroni & Cheese w/Garlic Breadstick Seasoned Broccoli Sunset Sip V-Juice Apple or Strawberry Cup	Six Pierogies w/Caramelized Onions Peas & Carrots Celery Sticks Fresh Banana or Apple Juice
Apr. 8-12	Meatball Hoagie on Deli Roll Seasoned Carrots Side Garden Salad Apple Juice or Orange Wedges	French Toast Sticks w/Syrup Turkey Sausage Patties Hash Brown Rounds Sunset Sip V-Juice Diced Pears or Watermelon Applesauce	Pepperoni Pizza Slice Seasoned Veg Blend Baby Carrots w/Ranch Fruit Punch or Sparkling Pears	Teriyaki Chicken Bowl w/Brown Rice Seasoned Broccoli Dragon V-Juice Pineapple Chunks or Diced Peaches	Oven Baked Chicken w/Biscuit Mashed Potatoes & Gravy Cucumber Slices Fresh Banana or Mixed Fruit
Apr. 15-19	Mini Corn Dogs w/Cheese Dip Vegetarian Baked Beans Baby Carrots w/Ranch Apple Sliced or Orange Wedges	Beef & Cheese Nachos <i>Cond: Salsa, Sour Cream, Lettuce</i> Tri-Color Corn Cucumber Slices Diced Pears or Fresh Apple	Buffalo Chicken Pizza Seasoned Broccoli Cherry Star V-Juice Blue Raspberry Applesauce or Diced Peaches	Italian Panini Oven Baked Fries Side Garden Salad Grape Juice or Mixed Fruit	Boneless Wings w/Dipping Sauce Sweet Potato Waffle Fries Celery Sticks Pineapple Chunks or Apple Juice
Apr. 22-26	Texas Toast Grill Cheese Tomato Soup Glazed Carrots Bell Pepper Medley Diced Pears or Strawberry Cup	General Tso Chicken w/Brown Rice Seasoned Broccoli Dragon V-Juice Cinnamon Applesauce or Mandarin Oranges	Bosco Sticks w/Marinara Sauce Seasoned Green Beans Side Garden Salad Mixed Fruit or Fruit Punch	"Chipotle-Style" Chicken Bowl w/Cilantro Lime Rice <i>Cond: Salsa, Sour Cream, Lettuce</i> Seasoned Corn Celery Sticks w/Ranch Peach Applesauce Orange Wedges	Stuffed Crust Pizza Peas & Carrots Fresh Broccoli & Tomatoes Fresh Banana or Cinnamon Applesauce
Apr. 29-30	Chicken Tenders & WG Roll Dipping Sauce Oven Baked Spiral Fries Cherry Star V-Juice Cinnamon Applesauce or Diced Pears	Beef & Cheese Burrito w/Raspberry Churro Corn & Black Beans Baby Carrots w/Ranch Mixed Fruit or Orange Wedges	<b>GUESS WHAT?</b>  <b>IT'S GONNA BE MAY!</b>	 <b>NATIONAL BURGER DAY</b> May 28	<b>PROMOTIONS COMING IN MAY!</b> MAY 3 <b>SCHOOL LUNCH HERO DAY</b> MAY 16 <b>NATIONAL BBQ DAY</b> MAY 28 <b>NATIONAL BURGER DAY</b>

### Grab & Go Alternates

*Daily entrees may include:*

*Chicken Chef Salads w/CROUTONS & ROLL  
Turkey Chef Salads w/CROUTONS & ROLL  
Scottie Hoagie  
Fruit & Yogurt Parfaits*

Balances carryover from year to year & school to school. Parents are responsible for student account debt. Visit [www.schoolcafe.com](http://www.schoolcafe.com) to register an account and track your student(s) funds.  
**No fee, unless making an on-line payment. Parents: If you did not receive a new direct certification or free or reduced approval letter, you may wish to complete a Free/Reduced application as it may benefit your household.**

Payments are also accepted via cash or checks in envelope w/student name and ID number.

**Questions about account status?** Contact: Zachary Malavite, Food Service Director or Amy Yezeck, Admin. Assistant. Phone: 724-887-2015 E-mail: malavitez@southmoreland.net  
Melinda Lewandowski, Head Cook, Phone: 724-887-2053.  
Follow us on Southmoreland Food Service Facebook page.

