

# SOUTHMORELAND MIDDLE SCHOOL MENU

## MAY 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   |
|-----------|---|---|---|---|--|
| May 1-3   |   |   | Stuffed Crust Cheese Pizza<br>Seasoned Corn<br>Baby Carrots w/Ranch<br>Berry Applesauce Cup or Diced Peaches    | Rotini w/Meat Sauce<br>Garlic Breadstick<br>Seasoned Broccoli<br>Sunset Sip V-Juice<br>Apple or Strawberry Cup  | <b>In-Service Day<br/>No School</b>  |
| May 6-10  | <b>SCHOOL LUNCH HERO DAY</b><br>Meatball Hoagie on Deli Roll<br>Seasoned Carrots<br>Side Garden Salad<br>Apple Juice or Orange Wedges | French Toast Sticks w/Syrup<br>Turkey Sausage Patties<br>Hash Brown Rounds<br>Sunset Sip V-Juice<br>Diced Pears or Watermelon Applesauce  | Pepperoni Pizza Slice<br>Seasoned Peas<br>Baby Carrots w/Ranch<br>Fruit Punch or Cinnamon Applesauce            | Teriyaki Chicken Bowl w/Brown Rice<br>Seasoned Broccoli<br>Dragon V-Juice<br>Pineapple Chunks or Diced Peaches  | Turkey & Gravy over Mashed Potatoes w/Biscuit<br>Cucumber Slices<br>Fresh Banana or Mixed Fruit        |
| May 13-17 | Mini Corn Dogs w/Cheese Dip<br>Peas & Carrots<br>Baby Carrots w/Ranch<br>Apple Slices or Orange Wedges                                | Beef & Cheese Nachos<br><i>Cond: Salsa, Sour Cream, Lettuce</i><br>Tri-Color Corn<br>Cucumber Slices<br>Diced Pears or Fresh Apple  | Buffalo Chicken Pizza<br>Seasoned Broccoli<br>Cherry Star V-Juice<br>Blue Raspberry Applesauce or Diced Peaches | <b><u>Lunch—Nat'l BBQ Day</u></b><br>Pork BBQ Sandwich<br>Side of Mac & Cheese<br>Vegetarian Baked Beans<br>Side Garden Salad<br>Mixed Fruit or Cherry Iced         | Fish Sticks w/Dinner Roll<br>Sweet Potato Waffle Fries<br>Celery Sticks<br>Fresh Banana or Apple Juice |
| May 20-24 | Texas Toast Grill Cheese<br>Tomato Soup<br>Glazed Carrots<br>Bell Pepper Medley<br>Diced Pears or Strawberry Cup                      | General Tso Chicken w/Egg Roll<br>Seasoned Broccoli<br>Dragon V-Juice<br>Cinnamon Applesauce or Mandarin Oranges  | Max Pizza Sticks w/Marinara Sauce<br>Seasoned Green Beans<br>Side Garden Salad<br>Mixed Fruit or Fruit Punch    | DORITOS Walking Taco w/Cilantro Lime Rice<br><i>Cond: Salsa, Sour Cream, Lettuce</i><br>Seasoned Corn<br>Celery Sticks w/Ranch<br>Peach Applesauce<br>Orange Wedges | Italian Panini<br>Oven Baked Fries<br>Fresh Broccoli & Tomatoes<br>Fresh Banana or Diced Peaches       |
| May 27-31 | <br><b>MEMORIAL DAY</b><br>REMEMBER & HONOR   | <b><u>Lunch—Nat'l Burger Day</u></b><br>Bacon Cheeseburger<br><i>Cond: Lettuce, Tomato, Pickles</i><br>Oven Baked Spiral Fries<br>Cucumber Slices w/Ranch<br>Apple Juice or Orange Wedges | Stuffed Crust Pizza<br>Peas & Carrots<br>Cook's Choice Fruits & Veg   | Chicken Tenders w/Roll<br>Dipping Sauce<br>BBQ Baked Beans<br>Cook's Choice Fruits & Veg  | Breakfast Sandwich<br>Mini Hash Brown Rounds<br>Cook's Choice Fruits & Veg                             |

### 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 Yezek, 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.

