

FRETZ MIDDLE SCHOOL LUNCH MENU  
AUGUST & SEPTEMBER 2010



**Pizza**

Cheese, Pepperoni & Specialty Pizza

Hamburgers & Cheeseburgers

All are served with a choice of vegetable, fruit and milk.



**Premade Deli Sandwiches**

Each Deli Entrée is served with choice of vegetable, fruit and milk.

**Premade Salads**

All Salads offered daily with a choice of bread, fruit, and low fat milk.

**Made To Order Sandwiches & Wraps**

All MTO Sandwiches & Wraps offered daily with a choice of bread, fruit, and low fat milk.

**FOOD SERVICE DIRECTOR  
DANA MOLLANDER  
Phone: 814.362.6209**



- 8/30 – **MEATBALL SUB** or **SPICY CHICKEN PATTY SANDWICH**,  
Sides: Applesauce, Corn, Oven Fries
- 8/31– **POPCORN CHICKEN w/ROLL** or **HOT DOG ON A BUN**,  
Sides: Peaches, Mixed Vegetables, Seasoned Rice
- 9/01 - **PIEROGIES w/PEPPERS & ONIONS** or **HOT HAM & CHEESE MELT**,  
Sides: Mixed Fruit, Carrots, Dinner Roll
- 9/02 - **CHEESE STEAK HOAGIE** or **TRIPLE PBJ SANDWICH**,  
Sides: Mandarin Oranges, Green Beans, Pretzel Twists
- 9/03 - **PANCAKES w/SYRUP** or **CHICKEN PATTY SANDWICH**,  
Sides: Cinnamon Apple Slices, Sweet Potatoes, Sausage Patty
- 9/06— **NO SCHOOL: HAPPY LABOR DAY!**
- 9/07– **CHICKEN NUGGETS w/ ROLL** or **HOT HAM & CHEESE MELT**,  
Sides: Pineapple, Coleslaw, Rice Pilaf
- 9/08 - **TOASTED CHEESE SANDWICH** or **CHICKEN TENDER SANDWICH**,  
Sides: Gelatin, Pickle Spears, Tomato Soup
- 9/09 - **SLOPPY JOE ON A BUN** or **CHICKEN PATTY SANDWICH**,  
Sides: Applesauce, Golden Corn, Oven Fries
- 9/10 - **SOFT-SHELL TACO** or **SPICY CHICKEN PATTY SANDWICH**,  
Sides: Peaches, Mixed Vegetables, Spanish Rice
- 9/13 - **PIZZA STICK w/SAUCE** or **HOT HAM & CHEESE MELT**,  
Sides: Mixed Fruit, Broccoli, Rotini w/Sauce
- 9/14 - **SPAGHETTI w/MEATSAUCE** or **BACON CHEESEBURGER**,  
Sides: Mandarin Oranges, Tossed Salad, Breadstick
- 9/15 - **CHEESE STEAK HOAGIE** or **SPICY CHICKEN SANDWICH**,  
Sides: Cinnamon Apple Slices, Steamed Corn, Macaroni Salad
- 9/16 - **BUFFALO CHICKEN WRAP** or **SAUSAGE, EGG & CHEESE MUFFIN**,  
Sides: Peaches, Mixed Veggies, Tator Tots
- 9/17 - **TURKEY w/GRAVY OVER A BISCUIT** or **HOT HAM & CHEESE MELT**,  
Sides: Chilled Applesauce, Mashed Potatoes, Graham Crackers
- 9/20 - **MACARONI & CHEESE** or **CHICKEN PATTY SANDWICH**,  
Sides: Gelatin, Green Beans, Dinner Roll
- 9/21 - **BAKED BREADED CHICKEN** or **HOT DOG ON A BUN**,  
Sides: Peaches, Coleslaw, Sweet Potatoes
- 9/22 - **MADE TO ORDER SALAD** or **CHICKEN PATTY SANDWICH**,  
Sides: Applesauce, Pasta Salad, Wheat Roll
- 9/23 - **POPCORN CHICKEN w/ROLL** or **HOT HAM & CHEESE MELT**,  
Sides: Mixed Fruit, Steamed Carrots, Baked Beans
- 9/24 - **SOFT SHELL TACO** or **TRIPLE PB&J SANDWICH**,  
Sides: Mandarin Oranges, Golden Corn, Spanish Rice
- 9/27 - **TOASTED CHEESE SANDWICH** or **SPICY CHICKEN PATTY SANDWICH**,  
Sides: Chilled Pears, Broccoli, Pickle Spears, Tomato Soup
- 9/28 - **CHICKEN NUGGETS w/ROLL** or **HOT HAM & CHEESE MELT**,  
Sides: Orange Juice, Green Beans, Trail Mix

Each entrée served with choice of vegetable, fruit and low fat milk.  
Fresh fruit & fresh vegetable varieties available daily.

*All ground meat items may contain a combination of ground beef and turkey.  
All menu items are subject to change.*

**Lunch Prices- Paid: \$1.45 Reduced \$0.40 Adult \$3.00**



**Monday—BBQ Rib Sandwich**

**Tuesday– Hot Dog On A Bun**

**Wednesday-Grilled Chicken Sandwich**

**Thursday-Sicilian Melt**

**Friday-Fish Sandwich**

**BREAKFAST**

**Monday—Cinnamon Bun**

**Tuesday—French Toast Sticks w/Syrup**

**Wednesday—Ham, Egg, & Cheese on an English Muffin**

**Thursday—Sausage & Pancake Flapstick w/Syrup**

**Friday—Breakfast Pizza**

**Daily Choices**

Cereal and Toast, Bagel, or English Muffin

**All Breakfasts served w/Assorted Fruit and Low Fat Milk**



We offer 2% White, Skim, and Low Fat flavored milk daily.

**Additional nutritious beverages are available ala carte.**