

LUNCH PRICES

STUDENT PAID \$2.05
 CHOICE MEAL \$2.50
 STUDENT REDUCED \$0.40
 ADULT \$3.15/\$3.25



**INDEPENDENCE MIDDLE
 SCHOOL LUNCH MENU
 NOVEMBER 2009**



BORDERTOWN
 MON & FRI. SOFT/HARD
 TACOS, NACHO'S, CHIX PATTIE
 TUES. WED. THURS.
 CHIX CENTRAL & PANINI

DELI EXPRESS

Made to order Hoagies,
 Sandwiches and Wraps
 CHOICE MEAL \$2.50

Everyday

WOKnROLL
 GENERAL TSO's CHICKEN
 CHOICE MEAL \$2.50

Wednesdays

PASTA BAR

Pasta offered with a variety of
 sauces to choose from

Thursdays

POTATO or BURGER BAR

Burgers offered with a variety
 of toppings to choose from

Tuesdays



**CHICKEN PATTY
 SANDWICH
 Everyday**



**PIZZA EXPRESS
 PREMIUM FLATBREAD
 PIZZA
 CHOICE MEAL \$2.50**



PLEASE CHOOSE AT LEAST
 3 OF THE 5 ITEMS FOR THE
 SCHOOL LUNCH PRICE:

ENTRÉE, CHOICE OF TWO
 FRUITS AND/OR
 VEGETABLES,

CHOICE OF BREAD, AND...

CHOICE OF MILK,
 1%, Lowfat Chocolate,
 or Nonfat

Fruit Choice May Include :
 Fresh Fruit, Canned Fruit,
 Fruited Gelatin,
 and Fruit Juice

Vegetable Choices May
 Include :

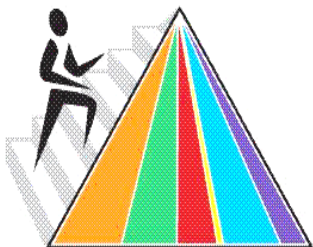
Hot Vegetables,
 Tossed Salad, Potato
 Salad, Cole Slaw,
 Carrot Sticks, Celery Sticks,
 Oven Fries & Tater Tots

**MENU SUBJECT TO
 CHANGE!**

**DIRECTOR,
 DINING SERVICES
 412-854-8754**

Consolmagno.joe@bpsd.org

MyPyramid.gov
 Steps to a healthier you!



Monday	Tuesday	Wednesday	Thursday	Friday
2 Signature Entrees HEARTY CHICKEN Bowl* Cheesy Breadsticks w/ Marinara Dipping Sauce HAM & CHEESE Hoagie Featured Fruit & Veggie Golden Corn Orange Wedges	3 NO SCHOOL ELECTION DAY GET OUT AND VOTE!	4 Signature Entrees BBQ Ribs on bun Meatball Hoagie Featured Fruit & Veggie Tator Tots / Broccoli Peaches WOKnROLL	5 Signature Entrees Chicken Parmesan Italian Dunkers Featured Fruit & Veggie Carrots Applesauce Pasta Bar	6 Signature Entrees Spicy Chicken Sandwich Double Blackhawk Burger* (similar to a BigMac!) WHITE PIZZA Chicken Nuggets w/ roll Featured Fruit & Veggie Mixed Vegetables / Apple Slices
9 Signature Entrees HEARTY CHICKEN Bowl* Cheesy Breadsticks w/ Marinara Dipping Sauce Pierogies with a Roll Featured Fruit & Veggie Golden Corn Orange Wedges	10 Signature Entrees PEPPERONI ROLLS POPOCORN CHICKEN w/ roll Featured Fruit & Veggie Garden Peas Mixed Fruit Potato Bar	11 Signature Entrees Hot Italian Hoagie Pancakes w/ Sausage & Syrup Featured Fruit & Veggie Hash Brown / Broccoli Peaches WOKnROLL	12 NO SCHOOL	13 NO SCHOOL
16 Signature Entrees HEARTY CHICKEN Bowl* Cheesy Breadsticks w/ Marinara Dipping Sauce Steak & Cheese Hoagie Featured Fruit & Veggie Golden Corn Orange Wedges	17 Signature Entrees PEPPERONI ROLLS Toasted Cheese Sandwich POPOCORN CHICKEN w/ roll Featured Fruit & Veggie Garden Peas Mixed Fruit Burger Bar	18 Signature Entrees BBQ Ribs on bun Breakfast Sandwich (egg & cheese on a bagel) Featured Fruit & Veggie Tator Tots / Broccoli Peaches WOKnROLL	19 THANKSGIVING MEAL ROAST TURKEY & GRAVY WHIPPED POTATOES STUFFING GOLDEN CORN APPLESAUCE HARVEST COOKI CRANBERRY SAUCE	20 Signature Entrees MINI Corn Dogs Double Blackhawk Burger* (similar to a BigMac!) WHITE PIZZA Chicken Nuggets w/ roll Featured Fruit & Veggie Mixed Vegetables / Apple Slices
23 Signature Entrees HEARTY CHICKEN Bowl* Cheesy Breadsticks w/ Marinara Dipping Sauce PIEROGIES W/CHEESE & ROLL Featured Fruit & Veggie Golden Corn Orange Wedges	24 Signature Entrees PEPPERONI ROLLS POPOCORN CHICKEN w/ roll Featured Fruit & Veggie BROCCOLI Mixed Fruit Potato Bar	25 Signature Entrees Meatball Hoagie French Toast Stix w/ Sausage Featured Fruit & Veggie Hash Brown / Broccoli Peaches WOKnROLL	26 NO SCHOOL HAPPY THANKSGIVING	27 NO SCHOOL HAPPY THANKSGIVING
30 NO SCHOOL HAPPY THANKSGIVING				