



NORTH SCHUYLKILL HIGH SCHOOL BREAKFAST/LUNCH MENU  
May 5th to May 31st 2010



**Monday:** BBQ Pork Riblet Sandwich

**Tuesday:** Hamburger On A Roll

**Wednesday:** Ham and Cheese on a Roll

**Thursday:** Turkey and Cheese Hoagie

**Friday:** School Made Pizza

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



**Hoagies & Wraps**

Grilled Chicken & Cheese , Each Deli Entrée is served with choice of vegetable, fruit and milk.

**SALADS**

Grilled Chicken, Vegetarian, served with Reduced/ Low Fat Dressings

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

**Food Service Director**

Kim Shatalsky

Phone: 570-874-0466 EXT. 2124

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**5/3–Meatball Hoagie Topped with Cheese**, Oven Baked Fries , Pineapple Tidbits

**5/4– Breaded and Baked Chicken**, Mashed Potatoes w/ Gravy, Dinner Roll, Corn, Peach Cup

**5/5-Ham, Egg and Cheese Sandwich on a Roll** , Baked Potato Rounds, Warm Apple Slices

**5/6-Nacho Chips Served w/ Seasoned Ground Beef**, Shredded Cheddar Cheese, Lettuce, and Salsa, Mandarin Oranges

**5/7– Toasted Cheese Sandwich**, Tomato Soup, Sweet Peas, Mixed Fruit Cup

**Chicken Parmesan Served over Spaghetti** , Garlic Bread, Tossed Salad, Diced Pear Cup

**5/10-Hamburger or Cheeseburger on a Roll**, Au Gratin Potatoes, Peach Cup

**5/11– Spartan Chicken Bowl**, ( Mashed Potato Topped w/ Corn, Popcorn Chicken, Gravy, and Shredded Cheese ) Mixed Fruit Cup

**5/12-Rotini w/ Meat Sauce**, Garlic Bread, Crisp Tossed Salad, Warm Apple Slices

**5/13-Breaded Pork Chop w/ Gravy**, Mashed Potatoes Whole Wheat Dinner Roll, Glazed Carrots, Warm Apple Crisp

**5/14-Baked Fish Sandwich on A Roll**, Carrots and Peas, Pineapple Tidbits

**5/17–Grilled BBQ Chicken Sandwich on a Roll**, Baked Beans, Mixed Fruit Cup

**5/18 -French Toast Sticks w/ Syrup**, Ham Slice, Potato Rounds, Chilled Pear Cup

**5/19– Our own Chicken Noodle Soup**, Served w/ Peanut Butter and Jelly Sandwich, Pineapple Tidbits

**5/20– Chicken Parmesan Served over Spaghetti** , Garlic Bread, Tossed Salad, Diced Pear Cup

**5/21-Macaroni and Cheese w/ Stewed Tomatoes**, Dinner Roll, Sweet Peas, Diced Peach Cup

**5/24 - Chicken Fajita on a Pita**, Seasoned Green Beans, Sliced Peach Cup

**5/25–Salisbury Steak**, Mashed Potatoes and Gravy, Glazed Carrots, Chilled Pear Cup

**5/26-Spartan Cheese Steak Hoagie**, w/ Red sauce and Cheese, Oven Baked Fries, Mixed Fruit Cup

**5/27-Nacho Chips Served w/ Seasoned Ground Beef**, Shredded Cheddar Cheese, Lettuce, and Salsa, Mandarin Oranges

**5/28 - Breaded Chicken Patty on a Roll**, Au Gratin Potato ,Glazed Carrots, Diced Pears

**5/31–No School Memorial Day**  
Each entrée served with choice of bread, 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: \$1.85 Reduced \$0.40 Adult \$3.00**



Available daily: 7:15 - 7:45  
Assorted Whole Grain Cereal W/  
Whole Grain Muffin Choice  
Or  
Healthier Breakfast Pastries  
Choices

**Daily Specialties:**  
Your Choice of One  
Breakfast Pizza

Sausage Pancake Wrap

Egg & Cheese On a English Muffin  
Mini Breakfast Chicken Sandwich

Pretzel Stick Filled with  
Cinnamon Glaze

Breakfast is served with choice  
of Fruit, or 100% Fruit Juice and  
Low Fat Milk

**Breakfast Price**  
Paid \$1.25 Reduced \$0.30



We offer 1% White, Skim,  
and Low Fat Flavored milk  
daily.

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