

Lunch is free for all Pasadena USD students  
\$4.75 for Adults and 2<sup>nd</sup> meals

# ***PUSD Middle & High School Lunch*** ***August – December 2022***

PUSD Menus are nut free.

\*Non-Meat Item

Menu is subject to change without notice

<b>Week 1</b>	<b>Featured day of the week Entree with daily vegetable and fruit offering</b>
Aug 11 – 12	Mon – Spaghetti with Meat Sauce & Dinner Roll served w/ Broccoli & Applesauce Cup
Aug 29 – Sep 2	Tue – *Italian Cheesy Bread w/ Red Marinara Sauce served w/ Baby Carrots & Peach Cup
Sep 19 – 22	Wed – Chicken Teriyaki over Brown Rice served w/ Sugar Snap Peas & Strawberry Cup
Oct 10 – 14	Thu – Chicken or *Plant Based Chicken Caesar Salad served w/ Celery Sticks & Mixed Berry Cup
Oct 31 – Nov 4	Fri – *Vegan Tamale serve w/ Potato Wedges and Banana
Nov 28 – Dec 2	
Dec 19 - 22	
<b>Week 2</b>	<b>Featured day of the week Entree with daily vegetable and fruit offering</b>
Aug 15 – 19	Mon – Italian Submarine Sandwich served w/ Broccoli and Applesauce Cup
Sep 6 – 9	Tue – *Mac and Cheese with Cheezits served w/ Baby Carrots and Peach Cup
Sep 26 – 30	Wed – Orange Chicken over Brown Rice served w/ Sugar Snap Peas and Strawberry Cup
Oct 17 – 21	Thu – Spicy Chicken or *Plant Based Chicken Salad served w/ Celery Sticks and Mixed Berry Cup
Nov 7 – 10	Fri – Southwest Cheesy Bread with Salsa Cup served w/ Potato Wedges and Banana
Dec 5 – 9	
<b>Week 3</b>	<b>Featured day of the week Entree with daily vegetable and fruit offering</b>
Aug 22 – 26	Mon – Chicken Drumstick with an Artisan Dinner Roll served w/ Broccoli and Applesauce Cup
Sep 12 – 16	Tue – *Yogurt Fruit Parfait served w/ Baby Carrots and Peach Cup
Oct 3 – 7	Wed – Chinese Chicken or *Plant Based Chicken Salad served w/ Sugar Snap Peas & Strawberry Cup
Oct 24 – 28	Thu – Beef Taco Twins served w/Celery Sticks and Mixed Berry Cup
Nov 14 – 18	Fri – Quarter Pound Beef Hot Dog served w/ Potato Wedges and Banana
Dec 12 - 16	

### Center of the plate lunch Entrees served everyday in the cafeteria:

**Pepperoni, \*Cheese, \*Veggie Pizzas, Hamburgers, Cheeseburgers, \*Garden Burgers, Regular or Spicy Chicken Sandwiches**

Visit [www.pusd.us](http://www.pusd.us) for:

monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition

Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

100% fruit juice is offered daily to meet weekly fruit requirement.  
Fat free and 1% milk is offered daily to complete a nutritious lunch meal.  
Each student must take at least 3 food components as part of their lunch.

**This institution is an equal opportunity provider.**