

**Free/Reduced : \$0.00**  
**Paid: \$3.35**  
**Adult: \$ 4.05**

Monthly menus, nutrition, allergen, and carbohydrate information can be found at: [www.pusd.us](http://www.pusd.us).  
 For additional information or inquiries, please contact PUSD Food and Nutrition Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

# PUSD Middle School Lunch Menu



## December 2019 - May 2020

Menu is subject to change

* Non-Meat Item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>					
Dec 2 - 6	Chicken Club Sandwich	Spicy Chicken Ranch Salad	Teriyaki Chicken over Brown Rice	Spicy Chicken Ranch Salad	Spicy Chicken Sandwich
Jan 6 - 10	*Yogurt Fruit Parfait	Hot Link Sandwich	Brown Rice	Salad	French Bread Pizza
Jan 27 - 31	Spicy Chicken Sandwich	*Pizza Varietals	*Yogurt Fruit Parfait	*Pizza Varietals	*Yogurt Fruit Parfait
Feb 18 - 21	Cheeseburger	Beef Burrito	Bacon Quesadilla	Beef Tamale	Cheeseburger
Mar 9 - 13	*Pizza Varietals	Hot Dog	Cheeseburger	Beef Burrito	*Pizza Varietals
Apr 6 - 10	Strawberry Cup	Celery Sticks, Grapes	*Pizza Varietals	Hot Dog	Oranges
Apr 27 - May 1	Lettuce & Tomato	Sugar Snap Peas	Broccoli, Potato Wedges	Bananas	Romaine & Tomato
May 18 - 22	Potato Sidewinders	Potato Wedges	Sliced Apples	Cauliflower	Potato Wedges
			Roasted Chickpeas	Potato Wedges	Baby Carrots
				Pico De Gallo	
<b>Week 2</b>					
Dec 9 - 13	Chicken Caesar Salad	Chicken Biscuit Sliders	Sweet & Sour Chicken over Brown Rice	Chicken Soft Tacos (2)	Spicy Chicken Sandwich
Jan 13 - 17	*Yogurt Fruit Parfait	Cold Deli Sandwich	*Yogurt Fruit Parfait	Cold Deli Sandwich	*Yogurt Fruit Parfait
Feb 3 - 7	Chicken Nuggets	*Macaroni & Cheese	Bacon Quesadilla	Chicken Burrito	Cheeseburger
Feb 24 - 28	Pizza Varietals	Chicken Burrito	Chicken Tender Caesar Salad	*Pizza Varietals	*Pizza Varietals
Mar 16 - 20	Cheeseburger	*Pizza Varietals	*Pizza Varietals	Chicken Biscuit Sliders	Chicken Tender Caesar Salad
Apr 13 - 17	Raisins	Grapes	Broccoli	Bananas	Lettuce & Tomato
May 4 - 8	Romaine & Tomato	Celery Stick	Roasted Chickpeas	Corn on the Cob	Strawberry Cup
May 26 - 28	Cucumber Coins	Sugar Snap Peas	Potato Wedges	Pico De Gallo	Potato Sidewinders
	Potato Wedges	Potato Wedges	Sliced Apples		
<b>Week 3</b>					
Dec 16 - 19	*Yogurt Fruit Parfait	Spaghetti w/Meat Sauce	Orange Chicken over Brown Rice	Hard Shell Beef Tacos	Spicy Chicken Sandwich
Jan 21 - 24	Chicken Tenders	Ham Pretzel Roll	*Yogurt Fruit Parfait	Ham Pretzel Roll	*Sicilian Pizza Wedge
Feb 11 - 14	Cheeseburger	Chicken Burrito	Bacon Quesadilla	Chicken Burrito	*Yogurt Fruit Parfait
Mar 2 - 6	*Pizza Varietals	*Pizza Varietals	Cheeseburger	*Pizza Varietals	Cheeseburger
Mar 23 - 27	Spicy Chicken Sandwich	Hot Dog	*Pizza Varietals	Hot Dog	*Pizza Varietals
Apr 20 - 24	Raisins	Grapes	Broccoli	Bananas	Oranges
May 11 - 15	Cucumber Coins	Celery Stick	Roasted Chickpeas	Potato Wedges	Romaine & Tomato
	Mashed Potatoes	Sugar Snap Peas	Potato Wedges	Shredded Lettuce	Potato Wedges
		Potato Wedges	Sliced Apples	Pico De Gallo	Baby Carrots

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

1% and fat free milk as well as 100% fruit juice is offered daily to complete a nutritious meal.

Please join us when we serve Special Holiday meal on Wednesday December 18, 2019.

Go to our website to view menu.