



OCTOBER 2023

Portage Area High School

Daily Entree Alternates:

Stuffed Crust Pizza, Buffalo Chicken Pizza, Chicken Salad

Week of 10/2, 10/9, 10/16 and 10/30

Blueberry or Strawberry Yogurt Parfait

Week of 10/23 French Toast Pumpkin Parfait

Adult Meal Price - \$4.75

Milk Offered Daily:
Fat Free or 1%

Monday

2
Chicken Patty on Bun
Spiral Fries
Fresh Baby Carrots
Mixed Fruit
Craisins/Dried Strawberry Apple Slices
Dragon Punch Juice
Choice of Milk

Tuesday

3
Chicken and Cheese Quesadilla
Steamed Peas
Fresh Veggie Boat
Whole Apple
Craisins/Dried Strawberry Apple Slices
Grape Juice
Choice of Milk
Vanilla Pudding

Wednesday

4
Popcorn Shrimp with
Three Cheese Cavatappi Pasta
Steamed Vegetables
Fresh Broccoli
Mandarin Oranges
Craisins/Dried Strawberry Apple Slices
Cherry Star Juice
Choice of Milk

Thursday

5
Breaded Mozzarella Sticks
Steamed Green Beans
Pasta Salad
Fresh Apple Slices
Craisins/Dried Strawberry Apple Slices
Fruit Punch Juice
Choice of Milk

Friday

6
Mustang Hoagie
Mixed Vegetables
Broccoli Salad
Diced Peaches
Craisins/Dried Strawberry Apple Slices
Sunset Sip Juice
Choice of Milk

9
No School
Teachers In-Service

10
Taco Dip with Tostitos
Steamed Corn
Fresh Veggie Boat
Applesauce Cup
Craisins/Dried Apple Slices
Grape Juice
Choice of Milk

11
Orange Chicken with
Vegetable Fried Rice
Steamed Broccoli
Fresh Sliced Red Peppers
Pineapple Chunks
Craisins/Dried Apple Slices
Cherry Star Juice
Choice of Milk

12
Chicken Nuggets with
Garlic Breadstick
Sweet Potato Fries
Pasta Salad
Fresh Apple Slices
Craisins/Dried Apple Slices
Fruit Punch Juice
Choice of Milk

13
Beef Shepard's Pie
with Garlic Knot
Steamed Carrots and Peas
Cucumber/Tomato Salad
Diced Pears
Craisins/Dried Apple Slices
Sunset Sip Juice
Choice of Milk
Strawberry Ice Cream Sundae

16
Cheeseburger on Bun
French Fries
Fresh Baby Carrots
Mixed Fruit
Craisins/Dried Strawberry Apple Slices
Dragon Punch Juice
Choice of Milk

17
Taco in a Bag
Oriental Stir Fry Vegetables
Fresh Veggie Boat
Whole Apple
Craisins/Dried Strawberry Apple Slices
Grape Juice
Choice of Milk

18
Chicken Parmesan with Spaghetti
Steamed Peas
Fresh Sliced Cucumbers
Mandarin Oranges
Craisins/Dried Strawberry Apple Slices
Cherry Star Juice
Choice of Milk

19
Mini Corn Dogs
Baked Beans
Pasta Salad
Fresh Apple Slices
Craisins/Dried Strawberry Apple Slices
Fruit Punch Juice
Choice of Milk
Vanilla Pudding

20
Chicken & Dumpling Pierogis
with Garlic Breadstick
Broccoli Salad
Mixed Vegetables
Diced Peaches
Craisins/Dried Strawberry Apple Slices
Sunset Sip Juice
Choice of Milk

23
BBQ Pork Patty with Bun
Steamed Corn
Coleslaw
Fresh Banana
Craisins/Dried Apple Slices
Dragon Punch Juice
Choice of Milk
Chat Snax Vanilla Graham Crackers

24
Chicken Fajitas
Steamed Carrots
Fresh Veggie Boat
Applesauce Cup
Craisins/Dried Apple Slices
Grape Juice
Choice of Milk
Vanilla Pudding

25
Chicken and Waffles
with Gravy
Fresh Sliced Celery
Steamed Broccoli
Pineapple Chunks
Craisins/Dried Apple Slices
Cherry Star Juice
Choice of Milk

26
Popcorn Chicken Bowl
with Pretzel Rods
Sweet Potato Fries
Pasta Salad
Fresh Apple Slices
Craisins/Dried Apple Slices
Fruit Punch Juice
Choice of Milk

27
Buffalo Chicken Dip
With Tostitos
Steamed Green Beans
Cucumber/Tomato Salad
Diced Pears
Craisins/Dried Apple Slices
Sunset Sip Juice
Choice of Milk
EARLY DISMISSAL

30
Deli Ham & Cheese
on Pretzel Bun
Mixed Vegetables
Fresh Baby Carrots
Mixed Fruit
Craisins/Dried Strawberry Apple Slices
Dragon Punch Juice
Choice of Milk

31
Hard Shell Tacos
Spiral Fries
Fresh Veggie Boat
Whole Apple
Craisins/Dried Strawberry Apple Slices
Grape Juice
Choice of Milk

Now hiring Cafeteria Team Members.
For more information, contact Denise Moschgat
at 814-736-9636 ex1500 or
dmoschgat@mustangmail.org

To qualify as a free lunch, students must take 3(minimum) components, Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk, of which 1 must be a fruit or vegetable. Students taking required meal components receive lunch at no cost, otherwise per regulations, ala carte prices are in effect. Extra food/beverage items available for purchase by check or cash.

Our menus meet USDA Requirements
Menu items are subject to change

A copy of the menu with the nutritional and allergy information is available at:
<https://www.schoolcafe.com/PortageASD>