

North Allegheny Middle School Menu November

LUNCH PRICES
 PAID \$2.15
 REDUCED \$.40
***PREMIUM \$3.15**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis Average of the Week:
<p>2 No School In-service Day</p> <p>Rake Leaves</p>	<p>3 No School In-service Day</p>	<p>4 *Bubba's BBQ Pulled Pork on a Bun <small>(BBQ Pulled Pork w/ Onion Rings & Side of Sweet & Sour Cole Slaw)</small> Or Buffalo Chicken Salad w/ Warm Breadstick Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Green Beans Choice of Milk</p>	<p>5 Buffalo Chicken Burger w/ Cheddar Cheese on a Bun Or Pancakes w/ Sausage & Syrup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies or Sweet Peas Choice of Milk Treat: Frosty Peach Cup</p>	<p>6 * Meat Lovers Pizza Sausage, Beef Crumbles, & Pepporoni Or Chicken Parmesan w/Pasta Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetable Medley Choice of Milk</p>	<p>Calories: 931 Total Fat: 28 % Sat Fat: 9.13 % Protein: 34 grams Calcium: 574 mg Iron: 4.3 mg Vitamin A: 5218 IU Vitamin C: 67 mg</p>
<p>9 Cheese Steak Hoagie Or Chicken Nuggets w/ Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Mashed Potatoes w/ Gravy Choice of Milk</p>	<p>10 Aloha Pineapple Chicken w/ Rice Or *Ham & Cheese Pocket w/ or w/o Tomato Soup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Carrot Coins Choice of Milk</p>	<p>11 French Bread Pizza Or Crispy Chicken Salad w/ Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Sweet Peas Choice of Milk</p>	<p>12 Beef Soft Taco w/ or w/o Lettuce, Tomato, Cheese Or Waffles w/ Sausage & Syrup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk</p>	<p>13 Tailgate Party! *White Pizza w/ or w/o Veggies Or Soft Pretzel w/ Cheese & Yogurt Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p>	<p>Calories: 931 Total Fat: 27 % Sat Fat: 9.25 % Protein: 34 grams Calcium: 592 mg Iron: 4.12 mg Vitamin A: 5119 IU Vitamin C: 78 mg</p>
<p>16 Italian Dunkers Or General Tso's Chicken w/ Rice Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p>	<p>17 *Pittsburgh Sandwich <small>(Sliced Beef, Cheese, Coleslaw, and Oven Fries on Homemade Italian Bread)</small> Or Pizza Bagel Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Sweet Peas Choice of Milk</p>	<p>18 Thanksgiving Feast <i>Roast Turkey w/ Stuffing, Mashed Potatoes w/ Gravy, Sweet Potato Casserole, Golden Corn, Cranberry Sauce, & Whole Wheat Roll</i> Choice of Milk Treat: Pumpkin Pie Bar</p>	<p>19 *Ham & Cheese on Pretzel Bun Or French Toast Sticks w/ Sausage & Syrup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies, or Mixed Veggies Choice of Milk</p>	<p>20 *Taco Pizza Or Chicken Parmesan w/Pasta Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetable Medley Choice of Milk</p>	<p>Calories: 954 Total Fat: 27 % Sat Fat: 9.2 % Protein: 36 grams Calcium: 602 mg Iron: 4.37 mg Vitamin A: 3989 IU Vitamin C: 60 mg</p>
<p>23 Chicken & Cheese Quesadilla w/ or w/o Lettuce, Tomato, & Black Olives Or Beef & Cheese Corn Nachos & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p>	<p>24 Taco Salad w/ Warm Cornbread Or Pita Pizza w/ Cheese Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Mixed Veggies Choice of Milk Treat: Rice Krispie Treat</p>	<p>25 *Flat Bread Pizza w/ Cheese Or Buffalo Chicken Salad w/ Warm Breadstick Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries Or Roasted Veggies Choice of Milk</p>	<p>26 No School Happy Thanksgiving</p>	<p>27 No School</p> <p>Go for a Nature Walk</p>	<p>Calories: 909 Total Fat: 29.7 % Sat Fat: 9.97 % Protein: 35 grams Calcium: 604 mg Iron: 4.39 mg Vitamin A: 3237 IU Vitamin C: 60 mg</p>
<p>30 No School</p>	<p>School Lunch Includes: Choice of Entrée Choice of Fruit Choice of Vegetable Choice of Milk</p>	<p>Choose all 5 food groups for a well balanced meal</p>	<p>Nutrition Definition of the Month Corn Also known as maize or Indian corn. Corn is low in saturated fat, cholesterol, and sodium. Corn is rich in iron, zinc, and magnesium.</p>	<p>Looking for extra cash Now hiring substitute General workers Email inquires to: Diningservices@northallegheny.org</p>	

Premium Entrees include:
 Specialty Pizza, Bubba's BBQ Pulled Pork, The Pittsburgh Sandwich, Ham & Cheese Pocket, Chicken Cordon Blue on Pretzel Bun

Available Everyday:
[All American Salad Bar](#)
[Homemade Soups](#)
[Grab & Go](#)
[Fresh Sandwich Selection](#)
[Smuckers PBJ](#)

Milk choices include:
 1% white, chocolate, vanilla, strawberry, and skim

Assorted:
 Canned fruits, fresh fruits, 100% juices, & fresh vegetables available everyday.
November choices:
 Local Apples, Pears
 Green Grapes, Applesauce, Peaches, Diced Pears, Baby Carrots, Cucumbers
 Assorted Bell Peppers

Menus are subject to change