

NORTH ALLEGHENY SCHOOL DISTRICT



North Allegheny Dining Services 2009-2010 Secondary Price List

<u>Ala Carte:</u>		<u>Beverages:</u>	
Yogurt	\$1.00	Milk	\$.60
Large Snacks	\$.75	4 oz. Fruit Juice	\$.60
Sunkist Fruit Chews	\$.60	Nestle Water	\$1.00
Fresh Fruit/Veggies	\$.65	Aquafina Water	\$1.25
Ice Cream/Dessert	\$.75	Capri sun	\$1.00
Bread/ Cornbread	\$.65	Dairy Tea	\$1.00
		12 oz G2	\$1.25

Student Lunch Prices:

Breakfast	\$1.00
Lunch	\$2.15
Premium Lunch	\$3.15
Entrée Ala Carte	\$1.55
Prem. Ent. Ala Carte	\$2.55



National School Lunch Program requires that this menu meets one third of the RDA for vitamins and minerals, contain no more than 30% of calories from fat, and less than 10% of calories from saturated fat over a school week.

Nutrient Standards

The minimum school week averages for nutrients:

Calories: 783	Total Fat: < 30%
Saturated Fat: < 10%	Protein: 15 grams
Calcium 400 mg	Iron: 4.5 mg
Vitamin A: 1500 IU	Vitamin C: 17 mg

A meal includes:

An Entrée, Choice of Fruit or Fruit Juice, Choice of Hot or Fresh Vegetable, and Choice of Milk

Give Thanks for Your Health

It is commonly assumed that the average American gains at least five pounds during the holiday season (the time between Thanksgiving through the start of the new year). Recent research suggests, that actual weight gain is closer to one pound. Unfortunately, we tend to hang on to that one pound and pick up another one the next year. This could be one of the contributing factors to the increase in obesity among Americans.

Let's face it. Most people don't just sit down and eat Thanksgiving dinner. There are all those yummy appetizers and snacks before you even get to the dinner. A typical Thanksgiving Dinner is a moderate 3500 calories.

8 ounces of white and dark meat turkey	480 calories	Portion Size is one of the keys to not overindulging during the holidays.
1 cup mashed potatoes with butter	300 calories	
1 cup stuffing	600 calories	If you are offered dessert and crave the sweets, only eat half and skip the crust on the pumpkin pie
3 to 4 ladles of gravy	300 calories	
3/4 cup candied sweet potatoes	300 calories	
1/2 cup cranberries	200 calories	
1 roll with butter	180 calories	
1 piece of pumpkin pie with whipped cream	150 calories	
1 glass of apple cider or most soft drinks	150 calories	

After enjoying your Thanksgiving feast, instead of sitting around watching the football game, take a family walk. You will feel better and this year give thanks for your health!

Need some extra cash



Now hiring Substitute general workers

Must be able to work Monday- Friday

Email inquires to:
Diningseivces@northallegheny.org

Metz & Associates Dining Services Management Team

Bill Moore, Food Service Director
724-934-7202

Christie Leininger, Assistant Food Service Director
724-934-7236

For dietary questions contact:
Jennifer Reiser, RD, LDN
724-934-7279

For account questions contact:
Kim Dischinger, Office Manager
724-934-7201



Money may be deposited daily into your child's cafeteria account. Please make checks payable to NA Cafeteria Fund

Money may also be deposited into your child's cafeteria account online at www.payforit.net. Parents can also access their child's cafeteria balance at www.payforit.net.