

NAI & NASH Menu

November 2009





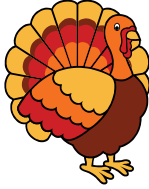






LUNCH PRICES

PAID \$2.15
REDUCED \$.40

***PREMIUM \$3.15**

*All Premium Entrees are in bold print.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis 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 <u>Chicken BLT Salad</u> w/ Whole Wheat Roll Or <u>Breakfast Sandwich</u> (Ham, Egg, and Cheese)</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Glazed Carrots, or Oven Fries Choice of Milk</p>	<p>5 <u>Buffalo Chicken Burger</u> w/ Cheddar Cheese on a Bun Or <u>Pizza Bagel</u></p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk Treat: Rice Krispie Treat</p>	<p>6 Tailgate Party! * Buffalo Chicken Pizza</p> <p>Or <u>Penne Pasta Bar</u> w/ Assorted Sauces & Warm Breadstick Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetables Choice of Milk</p> 	<p>Calories: 922 Total Fat: 28 % Sat Fat: 9.78 % Protein: 36 grams Calcium: 608 mg Iron: 4.75 mg Vitamin A: 3519 IU Vitamin C: 47 mg</p>
<p>9 <u>General Tso's Chicken</u> w/ Steamed Rice Or <u>French Toast Sticks</u> w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Sweet Peas Choice of Milk Treat: Warm Cinnamon Apples</p>	<p>10 Chicken Cordon Blue on Pretzel Bun (Breaded Chicken Patty, Ham, & Swiss Cheese w/ Honey Mustard) Or <u>Asian Pork Stir Fry</u> w/ Rice</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Redskins Choice of Milk</p>	<p>11 <u>California Chicken Salad</u> w/ Warm Breadstick Or <u>Toasted Cheese on Wheat Bread</u> w/ or w/o Tomato Soup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Green Beans Choice of Milk</p>	<p>12 <u>Chicken & Cheese Quesadilla</u> w/ or w/o toppings Or <u>Pepperoni Casserole</u> w/ Warm Breadstick</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk Treat: Rice Krispie Treat</p>	<p>13 * Taco Pizza (Taco Meat, Cheddar Cheese, Lettuce, Tomato, Salsa, and Sour Cream) Or <u>Penne Pasta Bar</u> w/ Assorted Sauces & Warm Breadstick</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p>	<p>Calories: 897 Total Fat: 28.3 % Sat Fat: 9.97 % Protein: 36 grams Calcium: 607 mg Iron: 4.39 mg Vitamin A: 2490 IU Vitamin C: 52 mg</p>
<p>16 <u>Toasted Cheese</u> on Wheat Bread w/ or w/o Tomato Soup Or <u>Chicken Nuggets</u> w/ Whole Wheat Roll</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Green Beans, or Mashed Potatoes w/ Gravy Choice of Milk</p>	<p>17 * Rachael Ruben on Homemade Italian Bread Or <u>French Bread Pizza</u></p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetables Choice of Milk</p>	<p>18 <u>Buffalo Chicken Salad</u> w/ Warm Breadstick Or * Ham & Cheese on Pretzel Bun</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Sweet Peas Choice of Milk</p> 	<p>19 Thanksgiving Feast</p> <p><i>Roast Turkey w/ Stuffing, Mashed Potatoes w/ Gravy, Sweet Potato Casserole Golden Corn, Cranberry Sauce, & Whole Wheat Roll</i></p> <p>Choice of Milk Treat: Pumpkin Pie Bar</p>	<p>20 * Buffalo Chicken Pizza Or <u>Penne Pasta Bar</u> w/ Assorted Sauces & Warm Breadstick</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetables Choice of Milk</p>	<p>Calories: 990 Total Fat: 27 % Sat Fat: 9.5 % Protein: 37 grams Calcium: 650 mg Iron: 4.6 mg Vitamin A: 2719 IU Vitamin C: 74 mg</p>
<p>23 <u>General Tso's Chicken</u> w/ Steamed Rice Or <u>Cheesy Pita Pizza</u></p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies or Steamed Broccoli Choice of Milk</p>	<p>24 *Bubba's BBQ Pulled Pork on Bun (BBQ Pork w/ Onion Ring & Side of Sweet & Sour Cole Slaw) Or <u>Mashed Potato Bowl</u> w/ Chicken, Cheese, and Corn</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, or Golden Corn Choice of Milk</p>	<p>25 <u>Western Chicken Salad</u> w/ Cornbread Or <u>Pierogi Lasagna</u> w/ Warm Breadstick</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Green Beans 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: 953 Total Fat: 27.8 % Sat Fat: 9.59 % Protein: 36 grams Calcium: 630 mg Iron: 4.37 mg Vitamin A: 2443 IU Vitamin C: 64 mg</p>
<p>30 No School</p>  <p>As the weather gets colder, keep a positive, cheerful outlook. You cannot be unhappy when you are smiling or singing!</p>	<p><u>School Lunch Includes:</u></p> <p>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</p> <p>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>Corn is good for skin care, boosting nervous system, digestion, and maintaining low cholesterol levels.</p>	 <p>Looking for extra cash Now hiring substitute General workers Email inquires to: Diningservices @northallegheeny.org</p>	

Available Everyday:

All American

Bordertown

Deli Express

Vegetarian Options Available

Salad Bar

Homemade Soups

Grab & Go

Fresh Gourmet Wraps

Fruit Salads

Specialty Salads

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, Oranges
Bananas,
Applesauce,
Peaches,
Diced Pears,
Baby Carrots,
Cucumbers
Celery Sticks

Menus are subject to change