









North Allegheny Middle School Menu October

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis Average of the Week:
<p><u>School Lunch Includes:</u> 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>Pumpkins Are rich in carotenoids, which is known for keeping the immune system strong and healthy</p> <p>Pumpkins have a variety of uses including: breads, butters, soups, muffins, pancakes, waffles, cakes, custards, cut into chunks and roasted. Even the roasted seeds are a nutritious snack</p> 		<p>1 Beef Soft Taco w/ or w/o Lettuce, Tomato, Cheese Or Waffles w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk</p>	<p>2 * White Pizza w/ or w/o Veggies Soft Pretzel w/ Cheese & Yogurt</p> <p>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: 28 % Sat Fat: 9.22 % Protein: 34 grams Calcium: 610 mg Iron: 4.67 mg Vitamin A: 5177 IU Vitamin C: 59 mg</p>
<p>5 Italian Dunkers w/ or w/o Marinara Sauce Or General Tso's Chicken w/ Rice</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p> 	<p>6 * Pittsburgh Sandwich (Sliced Beef, Cheese, Coleslaw, and French Fries on Homemade Italian Bread) Or Pizza Bagel</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Mixed Veggies Choice of Milk</p>	<p>7 Meatball Hoagie Or Mashed Potato Bowl w/ Whole Wheat Roll (Chicken, Cheese, Corn, Mashed Potatoes, & Gravy)</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Mashed Potatoes or Corn Choice of Milk</p>	<p>8 * Hot Ham & Cheese on Pretzel Bun Or French Toast Sticks w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies, Sweet Potato Fries, or Sweet Peas Choice of Milk</p> <p>Treat: Warm Cinnamon Apples</p> 	<p>9 * Taco Pizza Or Chicken Parmesan w/Pasta</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetable Medley Choice of Milk</p>	<p>Calories: 921 Total Fat: 28 % Sat Fat: 9.7 % Protein: 35 grams Calcium: 596 mg Iron: 4.18 mg Vitamin A: 3810 IU Vitamin C: 61 mg</p>
<p>12 No School In-service Day</p>  <p>Columbus Day</p>	<p>13 Taco Salad w/ Warm Cornbread Or Pita Pizza w/ Cheese</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Mixed Veggies Choice of Milk</p> <p>Treat: Cinnamon Apple Crisp</p> 	<p>14 *Flat Bread Pizza w/ Cheese Or Buffalo Chicken Salad w/ Warm Breadstick</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Vegetable Medley Choice of Milk</p>	<p>15 Turkey & Stuffing w/ Gravy & Whole Wheat Roll Or Pancakes w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Green Beans Choice of Milk</p> 	<p>16 * Cheeseburger Pizza Or Soft Pretzel w/ Cheese & Yogurt</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Steamed Broccoli Choice of Milk</p>	<p>Calories: 927 Total Fat: 29 % Sat Fat: 9.91 % Protein: 35 grams Calcium: 620 mg Iron: 4.07 mg Vitamin A: 3203 IU Vitamin C: 60 mg</p>
<p>19 Cheese Lasagna w/ Warm Breadstick Or Chicken Nuggets w/ Whole Wheat Roll</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Green Beans Choice of Milk</p> 	<p>20 Oven Baked Chicken w/ Whole Wheat Roll Or *Ham & Cheese Pocket w/ or w/o Tomato Soup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Glazed Carrots Choice of Milk</p>	<p>21 *Turkey & Cheese on Pretzel Bun Or Crispy Chicken Salad w/ Whole Wheat Roll</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>22 Buffalo Chicken Wrap Or Waffles w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies, Sweet Potato Fries, or Sweet Peas Choice of Milk</p> <p>Treat: Warm Cinnamon Apples</p>	<p>23 * Buffalo Chicken Pizza Or Chicken Parmesan w/Pasta</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetable Medley Choice of Milk</p>	<p>Calories: 912 Total Fat: 29 % Sat Fat: 9.4 % Protein: 35 grams Calcium: 596 mg Iron: 4.06 mg Vitamin A: 4401 IU Vitamin C: 65 mg</p>
<p>26 Toasted Cheese on Wheat Bread w/ or w/o Tomato Soup Or General Tso's Chicken w/ Rice</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies or Sweet Peas Choice of Milk</p>	<p>27 * Chicken Cordon Blue on Warm Pretzel Bun Or Pizza Bagel</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Green Beans Choice of Milk</p>	<p>28 Apple Crunch Day! Meatball Hoagie Or Mashed Potato Bowl w/ Whole Wheat Roll (Chicken, Cheese, Corn, Mashed Potatoes, & Gravy)</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk</p>	<p>29 Pepperoni Casserole w/ Warm Breadstick Or French Toast Sticks w/ Sausage & Syrup</p> <p>Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies, Tater Tots, or Sweet Peas Choice of Milk</p> <p>Treat: Warm Cinnamon Peaches</p> 	<p>30 * Haunted Hawaiian Pizza Or Spooky Soft Pretzel w/ Creepy Cheese & Yogurt</p> <p>Choice of Frightening Fruit: Assorted Fruit or 100% Juice Choice of Vicious Vegetable: Assorted Veggies or Scary Steamed Broccoli Choice of Monster Milk</p> <p>Treat: Boo Cake</p>	<p>Calories: 962 Total Fat: 28 % Sat Fat: 9.3 % Protein: 35 grams Calcium: 609 mg Iron: 4.3 mg Vitamin A: 2973 IU Vitamin C: 65 mg</p>

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.
October choices:
 Local Apples, Oranges
 Green Grapes, Applesauce, Peaches, Diced Pears, Baby Carrots, Cucumbers, Celery Sticks

Menus are subject to change