

# NAI & NASH Menu



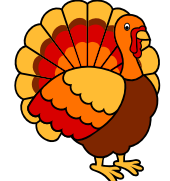




# November 2009



## 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:
2 <b>No School In-service Day</b>  <b>Rake Leaves</b>	3 <b>No School In-service Day</b> 	4 <u>Chicken BLT Salad</u> w/ Whole Wheat Roll Or <u>Breakfast Sandwich</u> (Ham, Egg, and Cheese)  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Glazed Carrots, or Oven Fries Choice of Milk	5 <u>Buffalo Chicken Burger</u> w/ Cheddar Cheese on a Bun Or <u>Pizza Bagel</u>  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk Treat: Rice Krispie Treat	6 <b>Tailgate Party!</b> * <b>Buffalo Chicken Pizza</b> 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	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
9 <u>General Tso's Chicken</u> w/ Steamed Rice Or <u>French Toast Sticks</u> w/ Sausage & Syrup  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Sweet Peas Choice of Milk Treat: Warm Cinnamon Apples	10 <u>Chicken Cordon Blue</u> on Pretzel Bun (Breaded Chicken Patty, Ham, & Swiss Cheese w/ Honey Mustard) Or <u>Asian Pork Stir Fry</u> w/ Rice  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Redskins Choice of Milk	11 <u>California Chicken Salad</u> w/ Warm Breadstick Or <u>Toasted Cheese on Wheat Bread</u> w/ or w/o Tomato Soup  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Green Beans Choice of Milk	12 <u>Chicken &amp; Cheese Quesadilla</u> w/ or w/o toppings Or <u>Pepperoni Casserole</u> w/ Warm Breadstick  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Golden Corn Choice of Milk Treat: Rice Krispie Treat	13 * <b>Taco Pizza</b> (Taco Meat, Cheddar Cheese, Lettuce, Tomato, Salsa, and Sour Cream) 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 Steamed Broccoli Choice of Milk	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
16 <u>Toasted Cheese</u> on Wheat Bread w/ or w/o Tomato Soup Or <u>Chicken Nuggets</u> w/ Whole Wheat Roll  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Green Beans, or Mashed Potatoes w/ Gravy Choice of Milk	17 * <b>Rachael Ruben</b> on Homemade Italian Bread Or <u>French Bread Pizza</u>  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Roasted Vegetables Choice of Milk	18 <u>Buffalo Chicken Salad</u> w/ Warm Breadstick Or * <b>Ham &amp; Cheese</b> on Pretzel Bun  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Sweet Peas Choice of Milk	19 <b>Thanksgiving Feast</b> <i>Roast Turkey w/ Stuffing, Mashed Potatoes w/ Gravy, Sweet Potato Casserole, Golden Corn, Cranberry Sauce, &amp; Whole Wheat Roll</i> Choice of Milk Treat: Pumpkin Pie Bar	20 * <b>Buffalo Chicken Pizza</b> 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	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
23 <u>General Tso's Chicken</u> w/ Steamed Rice Or <u>Cheesy Pita Pizza</u>  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Fresh Veggies or Steamed Broccoli Choice of Milk	24 * <b>Bubba's BBQ Pulled Pork on Bun</b> (BBQ Pork w/ Onion Ring & Side of Sweet & Sour Cole Slaw) Or <u>Mashed Potato Bowl</u> w/ Chicken, Cheese, and Corn  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, or Golden Corn Choice of Milk	25 <u>Western Chicken Salad</u> w/ Cornbread Or <u>Pierogi Lasagna</u> w/ Warm Breadstick  Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Green Beans Choice of Milk	26 <b>No School Happy Thanksgiving</b> 	27 <b>No School</b>  <b>Go for a Nature Walk</b>	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
30 <b>No School</b>  As the weather gets colder, keep a positive, cheerful outlook. You cannot be unhappy when you are smiling or singing!	<u>School Lunch Includes:</u>  Choice of Entrée Choice of Fruit Choice of Vegetable Choice of Milk	 <b>Choose all 5 food groups for a well balanced meal</b>	<b>Nutrition Definition of the Month</b> <b>Corn</b>  Also known as maize or Indian corn. Corn is low in saturated fat, cholesterol, and sodium. Corn is rich in iron, zinc, and magnesium.  Corn is good for skin care, boosting nervous system, digestion, and maintaining low cholesterol levels.	 Looking for extra cash Now hiring substitute General workers Email inquires to: Diningservices@northallegheeny.org	

[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