

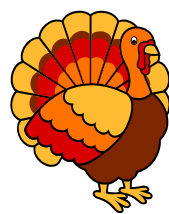









North Allegheny Middle School Menu November

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:
2 No School In-service Day  Rake Leaves	3 No School In-service Day 	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	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	6 *Meat Lovers Pizza <small>Sausage, Beef Crumbles, & Pepperoni</small> 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	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
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	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	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	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	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	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
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	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	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	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	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	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
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	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	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	26 No School Happy Thanksgiving 	27 No School  Go for a Nature Walk	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
30 No School 	School Lunch Includes: Choice of Entrée Choice of Fruit Choice of Vegetable Choice of Milk	 Choose all 5 food groups for a well balanced meal	 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.	 Looking for extra cash Now hiring substitute General workers Email inquires to: Diningservices @northallegheny.org	

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