



October 2023 Elementary Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

2
 ✓ **Yogurt Parfait**
 Vanilla Yogurt w/
 Graham Cracker Belly Bears
 Or
 Pizza Sticks w/Dipping Sauce
Featured Vegetable:
 Honey Glazed Carrot Coins

3
 Popcorn Chicken
 w/ Dinner Rolls
 Or
 Meatballs w/ Sauce
 & Breadsticks
Featured Vegetable:
 Tater Tots

4
 General Tso's Chicken
 w/ Brown Rice
 Or
 ✦ **Tiger Paw Pizza**
Featured Vegetable:
 Steamed Broccoli

5
 Maple Waffles
 w/ Turkey Sausage
 Or
 ✦ ✓ **Cheese Lasagna
 Roll Up w/ Dinner Roll**
Featured Vegetables:
 Sweet Potato Fries

6
 ✦ ✓ **Big Daddy Pizza**
 Or
 Turkey & Cheese on Pretzel
 Bun
Featured Vegetables:
 Green Beans

9
 French Toast Sticks
 w/ Turkey Sausage
 Or
 ✦ **Buffalo Chicken Pizza**
Featured Vegetable:
 Honey Glazed Carrot Coins

10
 Chicken Tenders
 w/ Dinner Rolls
 Or
 Jr. Tiger Burger
 w/ American Cheese
Featured Vegetables:
 Tater Tots

11
 ✦ **Walking Taco w/Tostitos**
 Tortilla Chips Topped w/ Taco Meat,
 Shredded Cheese, Lettuce, & Salsa
 Or
 (GF) Hot Dog on a Bun
Featured Vegetable:
 Golden Corn

12
 Chicken Nuggets
 w/ Dinner Rolls
 Or
 ✦ ✓ **Pierogies**
 w/ Sauce & Dinner Roll
Featured Vegetables:
 Green Peas

13
 ✦ ✓ **Big Daddy's Pizza**
 Or
 Egg, Sausage, & Cheese
 On a Pretzel Bun
Featured Vegetable:
 Baked Beans

16
 ✓ **Yogurt Parfait**
 Vanilla Yogurt w/
 Graham Cracker Belly Bears
 Or
 Pizza Sticks w/Dipping Sauce
Featured Vegetable:
 Honey Glazed Carrot Coins

17
 Popcorn Chicken
 w/ Dinner Rolls
 Or
 Toasted Cheese Sandwich
 w/ Tomato Soup
Featured Vegetable:
 Tater Tots

18 **Pasta w/ Spaghetti Sauce**
 ✓ Choose: Meatballs or
 Mozzarella Cheese
 Or
 ✦ **Mini Corn Dogs**
Featured Vegetables
 Steamed Broccoli
Tropical Salad w/Guava

19
 Maple Waffles
 w/ Turkey Sausage
 Or
 ✦ **Cheese Ravioli w/Sauce
 & Dinner Roll**
Featured Vegetable:
 Sweet Potato Fries

20
 ✦ ✓ **Big Daddy Pizza**
 Or
 BBQ Ribby Sandwich
Featured Vegetables:
 Green Beans

23
 French Toast Sticks
 w/ Turkey Sausage
 Or
 ✦ **Spicy Chicken Patty**
Featured Vegetable:
 Honey Glazed Carrot Coins

24
 Chicken Tenders
 w/ Dinner Rolls
 Or
 Jr. Tiger Burger
 w/ American Cheese
Featured Vegetables:
 Mashed Potatoes & Gravy

25
 No School
 Inservice Day

26
 Chicken Nuggets
 w/ Dinner Rolls
 Or
 ✦ ✓ **Cheese Lasagna
 Roll Up w/ Dinner Roll**
Featured Vegetable:
 Green Peas

27
 ✦ ✓ **Big Daddy's Pizza**
 Or
 Fish Sticks
Featured Vegetable:
 Baked Beans

30
 French Toast Sticks
 w/ Turkey Sausage
 Or
 ✦ **Buffalo Chicken Pizza**
Featured Vegetable:
 Honey Glazed Carrot Coins

31
 Chicken Tenders
 w/ Dinner Rolls
 Or
 Jr. Tiger Burger
 w/ American Cheese
Featured Vegetable:
 Mashed Potatoes w/ Gravy

National School Lunch
 Week Celebration Oct 9-13
 Special Promos & Give-
 ways



Nutritious Friends
 Feature of the month is :
 Ghostly Guava



Lunch Prices

Lunch \$2.45
 ✦ Premium Lunch \$3.45
 Reduced Lunch \$0.40
 Entrée Only \$1.95
 Prem. Entrée Only \$2.95

ALL Meals Include Choice of:
 ENTRÉE, FRUIT, VEGETABLE,
 MILK

(GF) = Gluten Free
 (V) = Vegetarian

Daily Alternative Entrees

Chicken Patty

Grilled Chicken Salad
w/ Dinner Rolls

✓ Baked Potato
w/ Shredded Cheese & Dinner Rolls

✓ Garden Salad
w/ Cheese Stick, Yogurt, & Dinner Rolls

✓ Smucker's Uncrustables® PBJ
w/ Cheese Stick & Dinner Roll

Daily Fruit & Vegetable Choices

Choices May Include:

(Local Choices Available in Season)
 Apples, Bananas, Grapes, Oranges, Apple
 Sauce, Apple Slices, Mixed Fruit, Mandarin
 Oranges, Peaches, Pears, Pineapples
 Baby Carrots, Broccoli, Cauliflower,
 Cucumbers, Tomatoes, Celery, Spring Salad,
 Mixed Peppers
 100% Fruit Juice Also Available Daily

rBST Hormone Free Milk

1% White

Fat Free Choices May Include:

White, Chocolate, Vanilla, & Strawberry
 Lactose Free Milk Available Upon Request
 Contact 724-934-7279

All Grain Options are Whole Grain

Menu is subject to change.