



October 2023 High School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

2 **Chicken Parmesan w/Spaghetti, Sauce & Breadstick**
Or
Toasted Cheese Sandwich w/ Tomato Soup
Featured Vegetables:
Garden Salad

3 **Sweet & Sour Chicken w/Brown Rice & Egg Roll**
Or
Turkey, Ham & Cheese On Pretzel Bun
Featured Vegetable:
Steamed Broccoli

4 **Walking Taco w/Tostitos**
Buffalo Chicken Dip
w/ Assorted Toppings
Or
Chicken Enchiladas
Featured Vegetable:
Black Bean Corn Salsa

5 **Breakfast Bar**
Pancake on a Stick w/ Sausage Pancakes Or French Toast Sticks
Turkey Sausage &/Or Bacon
Or
Baked Meatball Hoagie
Featured Vegetables:
Tater Tots

6 **Chicken Mashed Potato Bowl w/ Dinner Rolls**
Or
Bacon Double Cheese Burger
Featured Vegetable:
Sweet Potato Fries/Corn

9 **Cheese Lasagna w/Breadstick**
Or
Toasted Cheese Sandwich w/ Tomato Soup
Featured Vegetables:
Green Beans

10 **Level Up! Asian Bar**
Sweet & Sour Chicken, Stir Fried Veggies, Bulgogi Beef, General Tso chicken, Veggie Lo Mein, Brown Rice, Soy sauce, Sriracha, Scallions, Fortune Cookie
Featured Vegetable:
Steamed Broccoli

11 **Taco Bar**
Beef or Chicken
Corn Chips (GF), Soft Shell, or Rice Cheese, Lettuce, & Salsa
Or
Mozzarella Stuffed Pizza Sticks w/ Pizza Dipping Sauce
Featured Vegetable:
Golden Corn

12 **Level Up! Mac & Cheese Bar**
American Cheese Sauce, Pepper Jack Cheese Sauce, Roasted Broccoli w/Lemon Garlic, Stewed Tomatoes, Grilled Buffalo Chicken, Pulled Pork, Cavatappi Pasta
Featured Vegetables:
Green Beans

13 **Chicken Mashed Potato Bowl w/ Dinner Rolls**
Or
Build Your Own Burger
Featured Vegetable:
Oven Fries/Corn

16 **Cheese Ravioli w/Breadstick**
Or
Toasted Cheese Sandwich w/ Tomato Soup
Featured Vegetables:
Green Peas

17 **Orange Chicken w/ Brown Rice & Egg Roll**
Or
Fish Sticks w/Dinner Rolls
Featured Vegetable:
Steamed Broccoli

18 **BBQ Chicken Nachos**
Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, & Salsa
Or
Chicken Enchiladas
Featured Vegetable:
Black Bean Corn Salsa
Guava

19 **Breakfast Bar**
Pancake on a Stick w/ Sausage Pancakes Or French Toast Sticks
Turkey Sausage Or Bacon
Or
BBQ Ribby Sandwich
Featured Vegetables:
Tater Tots

20 **Chicken Mashed Potato Bowl w/ Dinner Rolls**
Or
Rodeo Burger
Featured Vegetable:
Sweet Potato Oven Fries/Corn

23 **Blackened Chicken Broccoli Alfredo w/ Pasta & Breadstick**
Or
Toasted Cheese Sandwich w/ Tomato Soup
Featured Vegetables:
Carrot Coins

24 **Asian Noodle Bowl Cuisine & Egg Roll**
Or
Chicken Fries w/ Dinner Rolls
Featured Vegetable:
Steamed Broccoli
Black Bean Corn Salsa

25 **No School Inservice Day**

26 **Pasta Bar**
Create Your Own Pasta Dish Spaghetti or Alfredo Sauce Meatballs, Diced Chicken, or Cheese
Or
Big Daddy Pizza
Featured Vegetables:
Green Beans/Kail & Apple slaw

27 **Chicken Mashed Potato Bowl w/ Dinner Rolls**
Or
Bacon Double Cheese Burger
Featured Vegetable:
Oven Fries/Corn

30 **Cheese Ravioli w/ Breadstick**
Or
Toasted Cheese Sandwich w/ Tomato Soup
Featured Vegetables:
Carrot Coins

31 **General Tso's Chicken w/ Brown Rice & Egg Roll**
Or
Ham & Cheese On Pretzel Bun
Featured Vegetable:
Steamed Broccoli

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



*Nutritious Friends
Feature of the month is :
Ghostly Guava*



Lunch Prices

Lunch \$2.85
Premium Lunch \$3.85
Reduced Lunch \$0.40
Entrée Only \$2.35
Prem. Entrée Only \$3.35

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

GF = Gluten Free
V = Vegetarian

Market Street Deli
Create Your Own Specialty Sandwich Panini Press Available*
Chopping Block
Create Your Own Specialty Salad
J. Clark's Grille
Specialty Burgers, Mini Corn Dogs/ Corn Dogs, Original & Spicy Chicken Sandwiches, Chicken Nuggets, Chicken Tenders
Served w/ Oven Fries
Villa Toscana
Cheese, Pepperoni, Veggie &
Specialty Pizza, Pepperoni Rolls and Pizza Sticks
Chef Fresh
Smucker's Uncrustables® PBJ w/ Cheese Stick, Pretzels & Apple Slices
Assorted Salads, Sandwiches, & Wraps
Cravebles

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, Strawberries, Blueberries
Baby Carrots, Beets, Broccoli, Cauliflower, Cucumbers, Celery, Spring Salad, Tomatoes, 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.