



# October 2023 Middle 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 **BBQ Chicken Nachos w/ Dinner Roll**  
Or  
**Buffalo Chicken Sandwich w/ Pepper Jack Cheese**  
**Featured Vegetable:**  
Peas

5 **Chicken Mashed Potato Bowl w/ Dinner Rolls**  
Or  
Baked Meatball Hoagie  
**Featured Vegetable:**  
Sweet Potato Oven Fries/Corn

6 **Chicken Tenders w/ Dinner Rolls**  
Or  
**Bacon Double Cheese Burger**  
**Featured Vegetables:**  
Tater Tots

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 **Walking Taco w/Doritos**  
Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, & Salsa  
**GF w/Dinner Roll**  
Or  
Meatballs w/ Sauce & Breadsticks  
**Featured Vegetable:**  
Black Bean Corn Salsa

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 Tenders w/ Dinner Rolls**  
Or  
**Double Dogs**  
**Featured Vegetables:**  
Tater Tots

16 **Cheese Ravioli w/Breadstick**  
Or  
Toasted Cheese Sandwich w/ Tomato Soup  
**Featured Vegetable:**  
Spinach Salad

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

18 **BBQ Ribby Sandwich**  
Or  
Chicken Enchiladas  
**Featured Vegetable:**  
Peas  
Guava

19 **Chicken Mashed Potato Bowl w/ Dinner Rolls**  
Or  
**Mozzarella Stuffed Pizza Sticks w/ Pizza Dipping Sauce**  
**Featured Vegetable:**  
Sweet Potato Oven Fries/Corn

20 **BBQ Chicken Nachos**  
Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, & Salsa  
**w/Dinner Roll**  
Or  
**Rodeo Burger**  
**Featured Vegetables:**  
Tater Tots

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

24 **Asian Noodle Bowl Cuisine & Egg Roll**  
Or  
Turkey, Ham & Cheese On Pretzel Bun  
**Featured Vegetable:**  
Steamed Broccoli

25 **No School Inservice Day**

26 **Chicken Mashed Potato Bowl w/ Dinner Rolls**  
Or  
**Big Daddy Pizza**  
**Featured Vegetable:**  
Sweet Potato Oven Fries/Corn  
Green Beans/Kail & Apple slaw

27 **Chicken Tenders w/ Dinner Rolls**  
Or  
**Bacon Double Cheese Burger**  
**Featured Vegetables:**  
Tater Tots

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

### Bars/ Market Street Deli

Mon - Breakfast Bar  
Tues/Thurs - Taco Bar  
Wed - Deli Bar  
Fri - Pasta Bar  
**J. Clark's Grille**  
Cheeseburgers, Mini Corn Dogs/ Corn Dogs, Toasted Cheese, Original & Spicy Chicken Sandwiches, Chicken Nuggets, Chicken Tenders Served w/ Oven Fries  
**Villa Toscana**  
Cheese, Pepperoni, Pepperoni Rolls M, W, F  
+ Max Pizza Sticks T, TH  
+ Stuffed Crust Pizza  
+ Buffalo Chicken Pizza M, W, F  
**Chef Fresh**  
Smucker's Uncrustables® PBJ  
w/ Cheese Stick, Apples & Pretzels  
Fruit & Yogurt Parfaits  
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.