



# September High School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

4



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

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

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

5

**★ General Tso's Chicken**  
**w/ Brown Rice & Egg Roll**  
 Or  
 Italian Hoagie  
**Featured Vegetable:**  
 Steamed Broccoli

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

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

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

Our Featured Vegetable/fruit of the month features Eggplant

6

GF **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

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

20 **Walking Taco w/ Doritos**  
 Tortilla Chips Topped w/ Taco Meat &  
 Assorted Toppings  
 Or  
**★ Ham & Cheese**  
 On Pretzel Bun  
**Featured Vegetable:**  
 Eggplant

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



7

**Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or Cheese  
 Or  
**★ Big Daddy Pizza**  
**Featured Vegetables:**  
 Green Beans

14 **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

21 **Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or ✓ Cheese  
 Or  
**★ Big Daddy Pizza**  
**Featured Vegetables:**  
 Green Beans

28 **Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or ✓ Cheese  
 Or  
**★ Mini Calzones w/Sauce**  
**Featured Vegetables:**  
 Green Beans

8

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

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

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

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

### 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  
 ✓ = 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**  
 ★ **Specialty Pizza, Pepperoni Rolls and Pizza**  
 Sticks  
 ✓ **Chef Fresh**  
 ✓ Smucker's Uncrustables® PBJ  
 w/ Cheese Stick, Pretzels & Apple Slices  
 ✓ Assorted Salads, Sandwiches, & Wraps

### 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,  
 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.