



# September Middle 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 Vegetable:**  
 Spinach Salad

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  
 Ham & Cheese  
 On Pretzel Bun  
**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  
 Turkey, Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

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

**★ 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:**

13 **BBQ Ribby Sandwich**  
 Or  
 Chicken Enchiladas  
**Featured Vegetable:**  
 Peas

20 **Beef Nachos Supreme**  
 Tortilla Chips Topped w/ Taco Meat &  
 Assorted Toppings  
**w/ Dinner Roll**  
 Or  
 Mini Calzones w/ Sauce  
**Featured Vegetable:**  
 Eggplant

27 **★ Walking Taco w/Doritos**  
 Tortilla Chips Topped w/ Taco Meat,  
 Shredded Cheese, Lettuce, & Salsa  
 (GF) **w/ Dinner Roll**  
 Or  
 Chicken Enchiladas  
**Featured Vegetable:**  
 Black Bean Corn Salsa



7

**Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
**★ Big Daddy Pizza**  
**Featured Vegetable:**  
 Oven Fries/Corn

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

21 **Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
**★ Big Daddy Pizza**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries/Corn

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

8

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

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

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

29 **BBQ Chicken Nachos**  
 Tortilla Chips Topped w/ BBQ Chicken,  
 Cheese Sauce, Lettuce, & Salsa  
**w/ Dinner Roll**  
 Or  
**★ Build Your Own Burger**  
**Featured Vegetables:**  
 Tater Tots

### 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

### Specialty 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
- 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.