



# Aug/Sept 2022 High School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

22  
 ✦ **Cheese Ravioli**  
 ✓ **w/ Breadstick**  
 Or  
 Italian Hoagie  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

23  
 ✦ **General Tso's Chicken**  
**w/ Brown Rice & Egg Roll**  
 Or  
 Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

24 **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

25 **Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or ✓ **Cheese**  
 Or  
**Philly Steak & Cheese Hoagie**  
**Featured Vegetables:**  
 Green Beans/ Oven Fries

26 **Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
 ✦ **Build Your Own Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

29  
 ✦ **Macaroni & Cheese**  
 ✓ **w/ Breadstick**  
 Or  
 BBQ Ribby  
**Featured Vegetables:**  
 Baked Beans

30  
 ✦ **Sweet & Sour Chicken**  
**w/ Brown Rice & Egg Roll**  
 Or  
 Turkey, Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

31 **BBQ Chicken Nachos**  
 Tortilla Chips Topped w/ BBQ Chicken,  
 Cheese Sauce, Lettuce, & Salsa  
 Or  
 ✦ **Buffalo Chicken Sandwich**  
**w/ Pepper Jack Cheese**  
**Featured Vegetable:**  
 Black Bean Corn Salsa

1 **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/ Green Beans

2 **Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
 ✦ **Bacon Double**  
**Cheese Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

5  
 No School  
 Labor Day

6 **General Tso's Chicken**  
 ✦ **w/ Brown Rice & Egg Roll**  
 Or  
 ✦ **Bid Daddy Pizza**  
**Featured Vegetable:**  
 Steamed Broccoli

7 **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

8 **Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or ✓ **Cheese**  
 Or  
**Philly Steak & Cheese Hoagie**  
**Featured Vegetables:**  
 Oven Fries/ Green Beans

9 **Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
 ✦ **Build Your Own Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

12  
 ✦ **Stuffed Shells**  
 ✓ **w/ Breadstick**  
 Or  
 Steak & Cheese Hoagie w/  
 Onions & Peppers  
**Featured Vegetables:**  
 Garden Salad/ Green Peas

13 **Orange Chicken**  
 ✦ **w/ Brown Rice & Egg Roll**  
 Or  
 Pulled Pork Sandwich  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

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

15 **Breakfast Bar**  
 Pancake on a Stick w/ Sausage  
 Pancakes Or French Toast Sticks  
 Turkey Sausage Or Bacon  
 Or  
 Meatballs w/ Sauce  
 & Breadsticks  
**Featured Vegetables:**  
 Baked Apples/Tater Tots

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

19 ✦ **Blackened Chicken**  
 ✓ **Broccoli Alfredo**  
**w/ Pasta & Breadstick**  
 Or  
 Toasted Cheese Sandwich  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

20 ✦ **Asian Noodle Bowl Cuisine**  
**& Egg Roll**  
 Or  
 ✦ **Big Daddy Pizza**  
**Featured Vegetable:**  
 Steamed Broccoli

21 **Beef Nachos Supreme**  
 Tortilla Chips Topped w/ Taco Meat &  
 Assorted Toppings  
 Or  
 Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Black Bean Corn Salsa

22 **Pasta Bar**  
 Create Your Own Pasta Dish  
 Spaghetti or Alfredo Sauce  
 Meatballs, Diced Chicken,  
 or ✓ **Cheese**  
 Or  
**Philly Steak & Cheese Hoagie**  
**Featured Vegetables:**  
 Oven Fries/ Green Beans

23 **Chicken Mashed Potato Bowl**  
**w/ Dinner Rolls**  
 Or  
 ✦ **Double Dogs**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries /  
 Baked Beans

### Lunch Prices

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

**ALL ENTREES Include Choice of: FRUITS + VEGETABLES + 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,**  
 ✓ **Toasted Cheese, Original & Spicy Chicken**  
 Sandwiches, Chicken Nuggets, Chicken Tenders  
 Served w/ Oven Fries
- Villa Toscana**
- ✓ **Cheese, Pepperoni, Veggie &**  
 ✦ **Specialty Pizza**
- Chef Fresh**
- ✓ **Smucker's Uncrustables® PBJ**  
 w/ Cheese Stick, Pretzels & Apple Slices  
 Fruit & Yogurt Parfaits
- ✓ **Assorted Salads, Sandwiches, & Wraps**

### Daily Fruit & Vegetable Choices

Choices May Include:  
 (Local Choices Available in Season)  
 Apples, Bananas, Grapes, Oranges, Apple  
 Sauce, Cinnamon Apple Sauce, Mixed Fruit,  
 Mandarin Oranges, Peaches  
 Baby Carrots, Broccoli, Cauliflower,  
 Cucumbers, Celery, Spring Salad  
 100% Fruit Juice Also Available Daily

### rBST Hormone Free Milk

1% White  
 Fat Free Choices May Include:  
 White, Chocolate, Vanilla, & Strawberry  
 Lactaid White Milk Available Upon Request  
 Contact 724-934-7279

**\*\*All Grain Options are Whole Grain\*\***

Menu is subject to change.

USDA is an equal opportunity provider and employer.

\*NOW HIRING Substitute Cafeteria Employees Please Call 724-934-7202