



# November 2022 Elementary School lunch



North Allegheny School District

## Monday Tuesday Wednesday Thursday Friday

31 French Toast Sticks w/ Turkey Sausage Or ★ <b>Spicy Chicken Patty</b> <i>Featured Vegetable:</i> Honey Glazed Carrot Coins	1 Chicken Fries w/ Dinner Rolls Or Jr. Tiger Burger w/ American Cheese <i>Featured Vegetable:</i> Mashed Potatoes w/ Gravy	2 GF Walking Taco Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, & Salsa Or Ham & Cheese On Pretzel Bun <i>Featured Vegetable:</i> Golden Corn	3 Chicken Nuggets w/ Dinner Rolls Or ★ V <b>Mini Calzone</b> w/ Sauce <i>Featured Vegetables:</i> Honey Glazed Carrot Coins	4 ★ V <b>Big Daddy's Pizza</b> Or Fish Sandwich <i>Featured Vegetables:</i> Baked Beans
7 No School In-Service Day	8 No School In-Service Day Election Day	9 General Tso's Chicken w/ Brown Rice Or ★ <b>Tiger Paw Pizza</b> <i>Featured Vegetable:</i> Steamed Broccoli	10 Maple Pancakes w/ Turkey Sausage Or ★ V <b>Cheese Lasagna</b> Roll Up w/ Dinner Roll <i>Featured Vegetables:</i> Tater Tots	11 ★ V <b>Big Daddy Pizza</b> Or BBQ Ribby <i>Featured Vegetables:</i> Green Beans
14 French Toast Sticks w/ Turkey Sausage Or ★ <b>Buffalo Chicken Pizza</b> <i>Featured Vegetable:</i> Honey Glazed Carrot Coins	15 Chicken Fries w/ Dinner Rolls Or Jr. Tiger Burger w/ American Cheese <i>Featured Vegetables:</i> Tatar Tots	16 GF Walking Taco Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, & Salsa Or Hot Dog on a Bun <i>Featured Vegetable:</i> Golden Corn	17 Chicken Nuggets w/ Dinner Rolls Or ★ V <b>Pierogies</b> w/ Sauce & Dinner Roll <i>Featured Vegetables:</i> Green Peas	18 ★ V <b>Big Daddy's Pizza</b> Or Egg, Sausage, & Cheese On a Pretzel Bun <i>Featured Vegetable:</i> Honey Glazed Carrot Coins
21 V <b>Yogurt Parfait</b> Vanilla Yogurt w/ Graham Cracker Belly Bears Or Pizza Sticks w/Dipping Sauce <i>Featured Vegetable:</i> Honey Glazed Carrot Coins	22 Popcorn Chicken w/ Dinner Rolls Or Toasted Cheese Sandwich w/ Tomato Soup <i>Featured Vegetable:</i> Coleslaw	23 Pasta w/ Spaghetti Sauce Choose: Meatballs or V Mozzarella Cheese Or ★ <b>Mini Corn Dogs</b> <i>Featured Vegetables</i> Baked Beans	24 No School Thanksgiving Day! 	25 No School 
28 French Toast Sticks w/ Turkey Sausage Or ★ <b>Spicy Chicken Patty</b> <i>Featured Vegetable:</i> Tater Tots	29 Chicken Fries w/ Dinner Rolls Or Jr. Tiger Burger w/ American Cheese <i>Featured Vegetables:</i> Baked Beans	30 <b>Craveables—Pizza Bites</b> Flatbread, Sauce, Mozzarella Cheese, & Pepperoni Or Ham & Cheese On Pretzel Bun <i>Featured Vegetable:</i> Steamed Broccoli		<b>Nutritious Friends</b> <b>November</b> <b>Curious Cabbage</b> Will be featured on 11/22 <b>Coleslaw</b>

**Lunch Prices**

Lunch \$2.45  
 ★ Premium Lunch \$3.45  
 Reduced Lunch \$0.40  
 Entrée Only \$1.95  
 Prem. Entrée Only \$2.95

**ALL ENTREES Include Choice of:**  
**FRUIT + VEGETABLES + MILK**

GF = Gluten Free  
 V = Vegetarian

**Daily Alternative Entrees**

Chicken Patty  
 Grilled Chicken Salad  
 w/ Dinner Rolls  
 V Baked Potato  
 w/ Shredded Cheese & Dinner Rolls  
 Garden Salad  
 w/ Cheese Stick, Yogurt, & Dinner Rolls  
 V Smucker's Uncrustables® PBJ  
 w/ Cheese Stick & Dinner Roll

**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.