



# November 2022 High School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

31  
 ✦ **Cheese Ravioli**  
 ✓ **w/ Breadstick**  
 Or  
 ✓ **Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

1  
 ✦ **General Tso's Chicken**  
 w/ **Brown Rice & Egg Roll**  
 Or  
 ✦ **Ham & Cheese**  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

2  
 ✦ **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

3  
 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

4  
 ✦ **Chicken Mashed Potato Bowl**  
 w/ **Dinner Rolls**  
 Or  
 ✦ **Build Your Own Burger**  
**Featured Vegetable:**  
 Oven Fries

7  
 No School  
 In-Service Day

8  
 No School  
 In-Service Day  
 Election Day

9  
 ✦ **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

10  
 ✦ **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

11  
 ✦ **Chicken Mashed Potato Bowl**  
 w/ **Dinner Rolls**  
 Or  
 ✦ **Bacon Double**  
**Cheese Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

14  
 ✦ **Cheese Lasagna**  
 ✓ **w/ Breadstick**  
 Or  
 ✓ **Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Green Beans

15  
 ✦ **General Tso's Chicken**  
 w/ **Brown Rice & Egg Roll**  
 Or  
 ✦ **Italian Hoagie**  
**Featured Vegetable:**  
 Steamed Broccoli

16  
 ✦ **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

17  
 ✦ **Thanksgiving Feast**  
 Turkey w/ Gravy  
 Mashed Potatoes  
 Stuffing  
 Cranberry Sauce  
 Golden Corn

18  
 ✦ **Chicken Mashed Potato Bowl**  
 w/ **Dinner Rolls**  
 Or  
 ✦ **Build Your Own Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

21  
 ✦ **Stuffed Shells**  
 ✓ **w/ Breadstick**  
 Or  
 ✓ **Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Green Peas

22  
 ✦ **Orange Chicken**  
 w/ **Brown Rice & Egg Roll**  
 Or  
 ✦ **Fish Sticks w/ Dinner Rolls**  
**Featured Vegetable:**  
 Steamed Broccoli or  
 Coleslaw

23  
 ✦ **BBQ Chicken Nachos**  
 Tortilla Chips Topped w/ BBQ Chicken,  
 Cheese Sauce, Lettuce, & Salsa  
 Or  
 ✦ **Chicken Enchiladas**  
**Featured Vegetable:**  
 Black Bean Corn Salsa

24  
 No School  
 Thanksgiving Day!



25  
 No School

28  
 ✦ **Blackened Chicken**  
 ✦ **Broccoli Alfredo**  
 ✓ **w/ Pasta & Breadstick**  
 Or  
 ✓ **Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

29  
 ✦ **Asian Noodle Bowl Cuisine**  
 & **Egg Roll**  
 Or  
 ✦ **Chicken Fries w/ Dinner Rolls**  
**Featured Vegetable:**  
 Steamed Broccoli

30  
 ✦ **Beef Nachos Supreme**  
 Tortilla Chips Topped w/ Taco Meat &  
 Assorted Toppings  
 Or  
 ✦ **Ham & Cheese**  
 On Pretzel Bun  
**Featured Vegetable:**  
 Black Bean Corn Salsa



**Nutritious Friends**  
**November**  
**Curious Cabbage**  
 Will be featured on 11/22  
**Coleslaw**

### Lunch Prices

✦ **Premium Lunch** \$2.85  
 ✦ **Reduced Lunch** \$3.85  
 ✦ **Entrée Only** \$0.40  
 ✦ **Prem. 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**  
 ✦ **Rice Bowl - Wednesday's**  
 ✦ **J. Clark's Grille**  
 ✦ **Specialty Burgers, Mini Corn Dogs/ Corn Dogs,**  
 ✓ **Toasted Cheese, Original & Spicy Chicken**  
 Sandwiches, Chicken Nuggets, Chicken Tenders  
**Chicken Fries, Served w/ Oven Fries**  
 ✦ **Villa Toscana**  
 ✓ **Cheese, Pepperoni, Veggie &**  
 ✦ **Specialty Pizza, Pepperoni Rolls and Pizza**  
 Sticks  
 ✦ **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.