



January 2023 High School Lunch



North Allegheny School District

Monday Tuesday Wednesday Thursday Friday

2
**Happy New Year!
No School!**

3
General Tso's Chicken
w/ Brown Rice & Egg Roll
Or
Ham & Cheese
On Pretzel Bun
Featured Vegetable:
Steamed Broccoli

4
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

5
Pasta Bar
Create Your Own Pasta Dish
Spaghetti or Alfredo Sauce
Meatballs, Diced Chicken,
or **V** Cheese
Or
Philly Steak & Cheese Hoagie
Featured Vegetables:
Green Beans

6
Chicken Mashed Potato Bowl
w/ Dinner Rolls
Or
+ Build Your Own Burger
Featured Vegetable:
Oven Fries/Corn

9
+ Macaroni & Cheese
V w/ Breadstick
Or
V Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetables:
Baked Beans

10
Sweet & Sour Chicken
w/ Brown Rice & Egg Roll
Or
+ Turkey, Ham & Cheese
On Pretzel Bun
Featured Vegetable:
Steamed Broccoli

11
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

12
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

13
**In-Service Day
No School**

16
**Martin Luther King Jr.
Day
No School!**

17
General Tso's Chicken
w/ Brown Rice & Egg Roll
Or
Italian Hoagie
Featured Vegetable:
Steamed Broccoli

18
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

19
Pasta Bar
Create Your Own Pasta Dish
Spaghetti or Alfredo Sauce
Meatballs, Diced Chicken,
or **V** Cheese
Or
+ Bid Daddy Pizza
Featured Vegetables:
Oven Fries/ Green Beans

20
Chicken Mashed Potato Bowl
w/ Dinner Rolls
Or
+ Build Your Own Burger
Featured Vegetable:
Oven Fries/Corn

23
+ Stuffed Shells
V w/ Breadstick
Or
V Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetables:
Garden Salad/ Green Peas

24
+ Orange Chicken
w/ Brown Rice & Egg Roll
Or
Fish Sticks w/ Dinner Rolls
Featured Vegetable:
Steamed Broccoli/
Bok Choy

25
BBQ Chicken Nachos
Tortilla Chips Topped w/ BBQ Chicken,
Cheese Sauce, Lettuce, & Salsa
Or
Chicken Enchiladas
Featured Vegetable:
Black Bean Corn Salsa

26
Breakfast Bar
Pancake on a Stick w/ Sausage
Pancakes Or French Toast Sticks
Turkey Sausage Or Bacon
Or
Steak & Cheese Hoagie w/
Onions & Peppers
Featured Vegetables:
Tater Tots

27
Chicken Mashed Potato Bowl
w/ Dinner Rolls
Or
+ Rodeo Burger
Featured Vegetable:
Sweet Potato Oven Fries/Corn

30
+ Blackened Chicken
Broccoli Alfredo
V w/ Pasta & Breadstick
Or
V Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetables:
Garden Salad/ Carrot Coins

31
+ Asian Noodle Bowl Cuisine
& Egg Roll
Or
Chicken Fries w/ Dinner Rolls
Featured Vegetable:
Steamed Broccoli



Lunch Prices

- Lunch \$2.85
- +** Premium Lunch \$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
V **Chopping Block**
V Create Your Own Specialty Salad
+ Rice Bowl—Wednesday's
J. Clark's Grille
+ Specialty Burgers, Mini Corn Dogs/ Corn Dogs,
V Toasted Cheese, Original & Spicy Chicken
Sandwiches, Chicken Nuggets, Chicken Tenders
Chicken Fries, Served w/ Oven Fries
Villa Toscana
V Cheese, Pepperoni, Veggie &
+ Specialty Pizza, Pepperoni Rolls and Pizza
Sticks
Chef Fresh
V Smucker's Uncrustables® PBJ
w/ Cheese Stick, Pretzels & Apple Slices
Fruit & Yogurt Parfaits
V 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.