



# January 2023 Middle School Lunch



North Allegheny School District

## Monday Tuesday Wednesday Thursday Friday

<p>2</p> <p><b>Happy New Year! No School!</b></p>	<p>3</p> <p>★ <u>General Tso's Chicken w/ Brown Rice &amp; Egg Roll</u> Or <u>Ham &amp; Cheese On Pretzel Bun</u> <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>4</p> <p>GF <u>Walking Taco</u> Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, &amp; Salsa Or <u>Chicken Enchiladas</u> <b>Featured Vegetable:</b> Golden Corn</p>	<p>5</p> <p><u>Chicken Mashed Potato Bowl w/ Dinner Rolls</u> Or ★ <u>Mozzarella Stuffed Pizza Sticks w/ Pizza Dipping Sauce</u> <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>6</p> <p><u>BBQ Chicken Nachos</u> Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, &amp; Salsa Or ★ <u>Build Your Own Burger</u> <b>Featured Vegetables:</b> Green Beans/ Tatar Tots</p>
<p>9</p> <p>★ <u>Macaroni &amp; Cheese w/ Breadstick</u> Or V <u>Toasted Cheese Sandwich w/ Tomato Soup</u> <b>Featured Vegetables:</b> Baked Beans</p>	<p>10</p> <p>★ <u>Sweet &amp; Sour Chicken w/Brown Rice &amp; Egg Roll</u> Or <u>Turkey, Ham &amp; Cheese On Pretzel Bun</u> <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>11</p> <p><u>Pork Nachos w/ Dinner Roll</u> Or ★ <u>Buffalo Chicken Sandwich w/ Pepper Jack Cheese</u> <b>Featured Vegetable:</b> Peas/Black Bean Corn Salsa</p>	<p>12</p> <p><u>Chicken Mashed Potato Bowl w/ Dinner Rolls</u> Or <u>Baked Meatball Hoagie</u> <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>13</p> <p><b>In-Service Day No School</b></p>
<p>16</p> <p><b>Martin Luther King Jr. Day No School!</b></p>	<p>17</p> <p>★ <u>General Tso's Chicken w/ Brown Rice &amp; Egg Roll</u> Or <u>Italian Hoagie</u> <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>18</p> <p>★ <u>Walking Taco w/Doritos</u> Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, &amp; Salsa Or GF <u>Meatballs w/ Sauce &amp; Breadsticks</u> <b>Featured Vegetable:</b> Golden Corn</p>	<p>19</p> <p><u>Chicken Mashed Potato Bowl w/ Dinner Rolls</u> Or ★ <u>Big Daddy Pizza</u> <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>20</p> <p><u>Chicken Fries w/ Dinner Rolls</u> Or ★ <u>Double Dogs</u> <b>Featured Vegetables:</b> Green Beans/ Tatar Tots</p>
<p>23</p> <p>★ <u>Chicken Parmesan w/Spaghetti Sauce &amp; Dinner Roll</u> Or V <u>Toasted Cheese Sandwich w/ Tomato Soup</u> <b>Featured Vegetable:</b></p>	<p>24</p> <p>★ <u>Orange Chicken w/ Brown Rice &amp; Egg Roll</u> Or <u>Fish Sticks w/ Dinner Rolls</u> <b>Featured Vegetable:</b> Steamed Broccoli <b>Bok Choy</b></p>	<p>25</p> <p><u>BBQ Ribby Sandwich</u> Or <u>Chicken Enchiladas</u> <b>Featured Vegetable:</b> Peas</p>	<p>26</p> <p><u>Chicken Mashed Potato Bowl w/ Dinner Rolls</u> Or ★ <u>Mozzarella Stuffed Pizza Sticks w/ Pizza Dipping Sauce</u> <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>27</p> <p><u>BBQ Chicken Nachos</u> Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, &amp; Salsa Or ★ <u>Rodeo Burger</u> <b>Featured Vegetables:</b> Tater Tots / Green Beans</p>
<p>30</p> <p>★ <u>Blackened Chicken Broccoli Alfredo w/ Pasta &amp; Breadstick</u> Or V <u>Toasted Cheese Sandwich w/ Tomato Soup</u> <b>Featured Vegetables:</b> Garden Salad/ Carrot Coins</p>	<p>31</p> <p>★ <u>Asian Noodle Bowl Cuisine &amp; Egg Roll</u> Or <u>Turkey, Ham &amp; Cheese On Pretzel Bun</u> <b>Featured Vegetable:</b> Steamed Broccoli</p>			

**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

**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
- Chef Fresh**
- Smucker's Uncrustables® PBJ
- w/ Cheese Stick, Apples & Pretzels
- 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.