



# February 2023 Middle School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday



<p>6 <b>Macaroni &amp; Cheese</b> w/ Breadstick Or Toasted Cheese Sandwich w/ Tomato Soup <b>Featured Vegetables:</b> Baked Beans</p>	<p>7 <b>Sweet &amp; Sour Chicken</b> w/Brown Rice &amp; Egg Roll Or Turkey, Ham &amp; Cheese On Pretzel Bun <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>1 <b>Walking Taco</b> Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, &amp; Salsa Or Chicken Enchiladas <b>Featured Vegetable:</b> Golden Corn</p>	<p>2 <b>Chicken Mashed Potato Bowl</b> w/ Dinner Rolls Or <b>Mozzarella Stuffed Pizza Sticks</b> w/ Pizza Dipping Sauce <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>3 <b>BBQ Chicken Nachos</b> Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, &amp; Salsa Or <b>Build Your Own Burger</b> <b>Featured Vegetables:</b> Green Beans/ Tatar Tots</p>
<p>13 <b>Cheese Lasagna</b> w/Breadstick Or Toasted Cheese Sandwich w/ Tomato Soup <b>Featured Vegetables:</b> Garden Salad/ Green Beans</p>	<p>14 <b>General Tso's Chicken</b> w/ Brown Rice &amp; Egg Roll Or Italian Hoagie <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>15 <b>Walking Taco w/Doritos</b> Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, &amp; Salsa Or Meatballs w/ Sauce &amp; Breadsticks <b>Featured Vegetable:</b> Golden Corn</p>	<p>16 <b>Chicken Mashed Potato Bowl</b> w/ Dinner Rolls Or <b>Big Daddy Pizza</b> <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>17 <b>Chicken Fries</b> w/ Dinner Rolls Or <b>Double Dogs</b> <b>Featured Vegetables:</b> Green Beans/ Tatar Tots</p>
<p>20 No School President's Day!</p>	<p>21 <b>Orange Chicken</b> w/ Brown Rice &amp; Egg Roll Or Toasted Cheese w/Tomato Soup <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>22 <b>BBQ Ribby Sandwich</b> Or Chicken Enchiladas <b>Featured Vegetable:</b> Peas Fish Sticks</p>	<p>23 <b>Chicken Mashed Potato Bowl</b> w/ Dinner Rolls Or <b>Mozzarella Stuffed Pizza Sticks</b> w/ Pizza Dipping Sauce <b>Featured Vegetable:</b> Sweet Potato Oven Fries</p>	<p>24 <b>BBQ Chicken Nachos</b> Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, &amp; Salsa Or <b>Rodeo Burger</b> <b>Featured Vegetables:</b> Tater Tots / Green Beans Fish Sticks</p>
<p>27 <b>Blackened Chicken</b> <b>Broccoli Alfredo</b> w/ Pasta &amp; Breadstick Or Toasted Cheese Sandwich w/ Tomato Soup <b>Featured Vegetables:</b> Garden Salad/ Carrot Coins</p>	<p>28 <b>Asian Noodle Bowl Cuisine</b> &amp; Egg Roll Or Turkey, Ham &amp; Cheese On Pretzel Bun <b>Featured Vegetable:</b> Steamed Broccoli</p>	<p>1 <b>Beef Nachos Supreme</b> Tortilla Chips Topped w/ Taco Meat &amp; Assorted Toppings Or Ham &amp; Cheese On Pretzel Bun <b>Featured Vegetable:</b> Peas/Black Bean Corn Salsa</p>	<p>2 <b>Chicken Mashed Potato Bowl</b> w/ Dinner Rolls Or <b>Big Daddy Pizza</b> <b>Featured Vegetable:</b> Sweet Potato Oven Fries / Baked Beans</p>	<p>3 <b>Chicken Fries</b> w/ Dinner Rolls Or <b>Bacon Double Cheese Burger</b> <b>Featured Vegetables:</b> Green Beans/ Oven Fries Fish Sticks</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 M, W
- 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.