



March 2023 Middle School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday



6 **Macaroni & Cheese**
w/ Breadstick
Or
Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetables:
Baked Beans

13 **Cheese Lasagna**
w/Breadstick
Or
Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetables:
Garden Salad/ Green Beans
Celebrating National Nutrition Month

20 **Chicken Parmesan**
w/Spaghetti Sauce & Dinner Roll
Or
Toasted Cheese Sandwich
w/ Tomato Soup
Featured Vegetable:
Garden Salad

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

7 **Sweet & Sour Chicken**
w/Brown Rice & Egg Roll
Or
Turkey, Ham & Cheese
On Pretzel Bun
Featured Vegetable:
Asparagus Salad

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

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

28 **Asian Noodle Bowl Cuisine**
& Egg Roll
Or
Turkey, Ham & Cheese
On Pretzel Bun
Featured Vegetable:
Steamed Broccoli

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

8 **BBQ Chicken Nachos**
w/ Dinner Roll
Or
Buffalo Chicken Sandwich
w/ Pepper Jack Cheese
Featured Vegetable:
Peas/Black Bean Corn Salsa

15 **Walking Taco w/Doritos**
Tortilla Chips Topped w/ Taco Meat, Shredded Cheese, Lettuce, & Salsa
Or
Meatballs w/ Sauce & Breadsticks
Featured Vegetable:
Golden Corn

22 No School
Inservice Day

29 **Beef Nachos Supreme**
Tortilla Chips Topped w/ Taco Meat & Assorted Toppings
Or
Chicken Bruschetta w/Dinner Roll
Featured Vegetable:
Peas/Black Bean Corn Salsa

2 **Chicken Mashed Potato Bowl**
w/ Dinner Rolls
Or
Big Daddy Pizza
Featured Vegetable:
Sweet Potato Oven Fries/
Baked Beans

9 **Chicken Mashed Potato Bowl**
w/ Dinner Rolls
Or
Baked Meatball Hoagie
Featured Vegetable:
Sweet Potato Oven Fries

16 **Chicken Mashed Potato Bowl**
w/ Dinner Rolls
Or
Big Daddy Pizza
Featured Vegetable:
Sweet Potato Oven Fries

23 **Chicken Mashed Potato Bowl**
w/ Dinner Rolls
Or
Mozzarella Stuffed Pizza Sticks
w/ Pizza Dipping Sauce
Featured Vegetable:
Sweet Potato Oven Fries

30 **Chicken Mashed Potato Bowl**
w/ Dinner Rolls
Or
Big Daddy Pizza
Featured Vegetable:
Sweet Potato Oven Fries /
Baked Beans

3 **BBQ Chicken Nachos**
Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, & Salsa
Or
Build Your Own Burger
Featured Vegetables:
Green Beans/ Tator Tots
Fish Sticks

10 **Chicken Fries**
w/ Dinner Rolls
Or
Bacon Double Cheese Burger
Featured Vegetables:
Tatar Tots / Green Beans
Fish Sticks

17 **Chicken Fries**
w/ Dinner Rolls
Or
Double Dogs
Featured Vegetables:
Green Beans/ Tatar Tots
Fish Sticks

24 **BBQ Chicken Nachos**
Tortilla Chips Topped w/ BBQ Chicken, Cheese Sauce, Lettuce, & Salsa
Or
Rodeo Burger
Featured Vegetables:
Tatar Tots / Green Beans
Fish Sticks

31 **Chicken Fries**
w/ Dinner Rolls
Or
Bacon Double Cheese Burger
Featured Vegetables:
Green Beans/ Oven Fries
Fish Sticks

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.