

North Allegheny School District Middle & High School Lunch Menu November 29– December 24, 2021

Metz CULINARY MANAGEMENT **Lunch & A La Carte Prices**

Lunch -Free A La Carte :

★ Premium Lunch -Free Grain -\$1.05

Fruit -\$1.05

Entrée Only -\$2.35 Vegeta

Vegetable -\$1.05

★ Prem. Entrée Only -\$3.35 Milk -\$0.75

	▼Prem. Ent					trée Only -\$3.35 Milk -\$0.75
Weekly Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Available Daily
Bravo Express			Main Plate			J. Clark's Grille
Poblano's Taco Bar Create Your Own Dish Tortilla Chips, Soft Shells or Brown Rice Fajita Chicken, Beef or Cheddar Cheese Nacho Cheese Sauce Black Beans or Corn	Nov 29 Breakfast French Toast or Pancakes w/ Turkey Sausage Baked Cinnamon Apples	30 General Tso's Chicken w/ Brown Rice Steamed Broccoli	Dec 1 Texas Toast Cheese Sandwich Tomato Soup/ Chickpeas Salad	2 ★ Stuffed Shells W W/ Breadstick Steamed Green Peas	Chicken Mashed Potato Bowl w/ Dinner Rolls Gold Corn	Chicken Patty
Villa Toscana Pasta Bar Create Your Own Dish Pasta, Breadsticks or Bun Grilled Chicken, Meatballs or Mozzarella Cheese Spaghetti or Alfredo Sauce Green Beans	6 Breakfast French Toast or Pancakes w/ Turkey Sausage Baked Cinnamon Apples	7 Asian Chicken Noodle Bowl Steamed Broccoli	8	9 Buffalo Chicken Dip Over Tortilla Chips Fresh Carrots/ Celery Sticks	Chicken Mashed Potato Bowl w/ Dinner Rolls Gold Corn	Cheese Pizza
Poblano's Taco Bar Create Your Own Dish Tortilla Chips, Soft Shells or Brown Rice Fajita Chicken, Beef or Cheddar Cheese Nacho Cheese Sauce Black Beans or Corn	Breakfast French Toast or Pancakes w/ Turkey Sausage Baked Cinnamon Apples	14 General Tso's Chicken w/ Brown Rice Steamed Broccoli	Texas Toast Cheese Sandwich Tomato Soup/ Chickpeas Salad	16 ★ Cheese Lasagna V w/ Breadstick Steamed Green Peas	Chicken Mashed Potato Bowl w/ Dinner Rolls Gold Corn	★ Grilled Chicken Salad Chef Fresh Sandwiches Deli Hoagie Ham & Cheese Wrap Turkey & Cheese Flatbread
Villa Toscana Pasta Bar Create Your Own Dish Pasta, Breadsticks or Bun Grilled Chicken, Meatballs or Mozzarella Cheese Spaghetti or Alfredo Sauce Green Beans	Breakfast French Toast or Pancakes w/ Turkey Sausage Baked Cinnamon Apples	Asian Chicken Noodle Bowl Steamed Broccoli	72√ Texas ToastCheese SandwichTomato Soup/Chickpeas Salad	Philly Cheese Hoagie Chicken or Steak Oven Fries	Winter Break No School	

ALL **MEALS** Include Choice of: **ENTRÉE + FRUIT(S) + VEGETABLE(S) + MILK**

Fruit Choices May Include:

Apples, Apple Slices, Bananas, Oranges, Grapes, Apple Sauce, Mixed Fruit, Pears, Peaches

Vegetable Choices May Include:

Broccoli , Carrots, Celery Sticks, Cucumbers, Peppers, Salad, Corn, Green Beans, Green Peas, Oven Fries

Milk Choices May Include:

1%, Fat Free: White, Chocolate, Strawberry or Vanilla All Milk selections are rBST Hormone Free Lactaid White Milk Available Upon Request