



Ambridge Area is a CEP District
Breakfast and Lunch
are free to Students.

BREAKFAST

In addition to the daily offerings, the following alternate choices are available daily for breakfast. Students may choose the daily feature in addition to fruit and/or juice and milk for a complete breakfast.

OFFERED DAILY

Asst Cereal

Daily Breakfast Fruit Choice:

Fresh Fruit
 Dried Fruit
 Fruit Cup
 Asst Juice

DAILY LUNCH ITEMS

CHEF SALAD
 DELI SANDWICH
 GRAB N GO LUNCH
 PIZZA (FRIDAY ONLY)



AMBRIDGE AREA MIDDLE SCHOOL AUGUST/SEPTEMBER 2026 MENU



Leigh Anne Holman CDM, CFPP
 Food Service Director
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WEEK OF AUGUST 24-28	MONDAY AUGUST 24	TUESDAY AUGUST 25	WEDNESDAY AUGUST 26	THURSDAY AUGUST 27	FRIDAY AUGUST 28
BREAKFAST	Breakfast Rounds	(2) Starbucks Style Egg Bites	Snack N Waffle	Breakfast Scramble	Betty Crocker Bar (2ea)
BREAKFAST ALTERNATE	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams
LUNCH MAIN ENTRÉE	Chicken Nuggets	Bridger Burger w/ Cheese on WG Bun w/ Lettuce & Tomato	Cheese or Pepperoni Pizza	Beef or Chicken Taco on WG Tortilla w/ Lettuce, Cheese, & Salsa Mexican Rice	Penne Pasta w/ Meatballs Garlic Breadstick
LUNCH ALTERNATE	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun
VEGGIE CHOICE	Potato Smiles Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Sweet Potato Fries Baked Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers
FRUIT CHOICE	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit Dessert: WG Cookie	Frozen Fruit Swirl Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

WEEK OF AUGUST 31-SEPT 4	MONDAY AUGUST 31	TUESDAY SEPTEMBER 1	WEDNESDAY SEPTEMBER 2	THURSDAY SEPTEMBER 3	FRIDAY SEPTEMBER 4
BREAKFAST	Asst Burst Bread	Stuffed Hashbrown	Mini Donuts	Breakfast Bagel Pizza	Asst Pop Tart (2ea)
BREAKFAST ALTERNATE	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams
LUNCH MAIN ENTRÉE	Popcorn Chicken w/ Breadstick	Nacho Supreme w/ Lettuce, Cheese, Salsa	Pork Chopette, Mashed Potatoes w/ Gravy Dinner Roll	Boneless Chicken Wings	Buttery Ranch Pierogies w/ Soft pretzel Rod
LUNCH ALTERNATE	Popcorn Chicken Bowl	Grilled Cheese Sandwich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup
VEGGIE CHOICE	Waffle Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Refried Beans Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley	French Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley
FRUIT CHOICE	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

This institution is an equal opportunity provider. Menu is subject to change.

What is included for Breakfast?

1. Whole Grain Bread Item
2. Meat/Meat Alternative (optional)
3. Fruit and/or Vegetable and/or 100% Juice
4. 1% Milk

Students must pick 3 or 4 of the components of each meal, one of which MUST be at least 1/2 cup fruit or juice for a complete meal. If fewer than 3 items are taken or fruit or vegetables are not taken, students will be charged a different, ala carte price, as required by National School Breakfast Program regulations.



What is included for lunch?

1. Meat/Meat Alternative
2. Milk
3. Vegetable (1/2 cup limit on vegetable juice)
4. Fruit (1/2 cup limit on fruit juice)
5. Bread/Bread Alternative

Students must pick 3, 4, or ALL 5 of the components of each meal, one of which MUST be at least 1/2 cup of fruit or vegetables. If fewer than 3 items are taken or fruit or vegetables are not taken, students will be charged a different, ala carte price, as required by National School Lunch Program regulations.

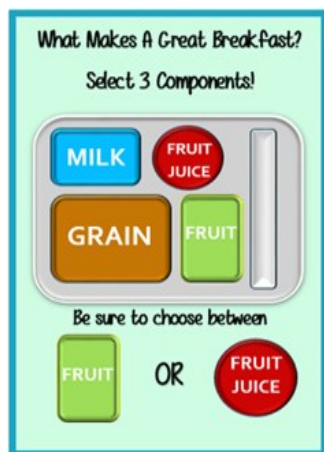
WEEK OF SEPTEMBER 7-11	MONDAY SEPTEMBER 7	TUESDAY SEPTEMBER 8	WEDNESDAY SEPTEMBER 9	THURSDAY SEPTEMBER 10	FRIDAY SEPTEMBER 11
BREAKFAST		Pancake & Sausage on Stick	Chicken Sausage Cheese Snack N Waffle	Breakfast Burrito	Asst Cereal Bar
BREAKFAST ALTERNATE	NO	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola
LUNCH MAIN ENTRÉE	SCHOOL	Mandarin Orange Chicken w/ Egg noodles	Mexican Pizza	Chicken Sandwich on WG Bun	Bosco Sticks w/ Pizza Sauce
LUNCH ALTERNATE		Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant
VEGGIE CHOICE		Egg Roll Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Curly Fries Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers
FRUIT CHOICE		Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Frozen Fruit Swirl Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit
MILK CHOICE		1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

WEEK OF SEPTEMBER 14-18	MONDAY SEPTEMBER 14	TUESDAY SEPTEMBER 15	WEDNESDAY SEPTEMBER 16	THURSDAY SEPTEMBER 17	FRIDAY SEPTEMBER 18
BREAKFAST	Asst Muffins (4oz)	Breakfast Pizza	Donut Holes	Breakfast Egg Roll	Benefit Bar
BREAKFAST ALTERNATE	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams
LUNCH MAIN ENTRÉE	Chicken Tenders w/ Biscuit	Walking Taco	Hot Dog On WG Bun	Buffalo Chicken Dip w/ WG Tortilla Chips	Macaroni & Cheese
LUNCH ALTERNATE	Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun
VEGGIE CHOICE	Potato Wedges Coleslaw Baby Carrots Romaine Salad Celery Sticks	Refried Beans Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks	Crinkle Cut Fries Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks	Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks	Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks
FRUIT CHOICE	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk



Online payments and student account management can be found at
<https://www.schoolcafe.com/AmbridgeAreaSCHODIST>

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WEEK OF SEPTEMBER 21-25	MONDAY SEPTEMBER 21	TUESDAY SEPTEMBER 22	WEDNESDAY SEPTEMBER 23	THURSDAY SEPTEMBER 24	FRIDAY SEPTEMBER 25
BREAKFAST	Breakfast Rounds	(2) Starbucks Style Egg Bites	Snack N Waffle	Breakfast Scramble	Zee Zee Bar
BREAKFAST	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams
LUNCH MAIN ENTRÉE	Chicken Nuggets	Bridger Burger w/ Cheese on WG Bun w/ Lettuce & Tomato	Cheese or Pepperoni Pizza	Beef or Chicken Taco on WG Tortilla w/ Lettuce, Cheese, & Salsa Mexican Rice	Penne Pasta w/ Meatballs Garlic Breadstick
LUNCH ALTERNATE	BBQ Rib Patty on WG Bun	BBQ Rib Patty on WG Bun	BBQ Rib Patty on WG Bun	BBQ Rib Patty on WG Bun	BBQ Rib Patty on WG Bun
VEGGIE CHOICE	Potato Smiles Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Sweet Potato Fries Baked Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers
FRUIT CHOICE	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit Dessert: WG Cookie	Frozen Fruit Swirl Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

WEEK OF AUGUST 31-SEPT 4	MONDAY SEPTEMBER 28	TUESDAY SEPTEMBER 29	WEDNESDAY SEPTEMBER 30		
BREAKFAST	Asst Burst Bread	Stuffed Hashbrown	Mini Donuts		
BREAKFAST ALTERNATE	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams		
LUNCH MAIN ENTRÉE	Popcorn Chicken w/ Breadstick	Nacho Supreme w/ Lettuce, Cheese, Salsa	Pork Chopette, Mashed Potatoes w/ Gravy Dinner Roll		
LUNCH ALTERNATE	Popcorn Chicken Bowl	Grilled Cheese Sandwich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup		
VEGGIE CHOICE	Waffle Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Refried Beans Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley		
FRUIT CHOICE	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl Canned Peaches Apple Slices Clementines Seasonal Fruit		
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk		