

NORTH ALLEGHENY SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU

September 2026

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Whole Grain, Meat/Meat Alternative, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Fruit & Veggie Selection

Choose from a variety of 10 or More Fruits & Vegetables Daily Choices May Include:

Apples, Bananas, Grapes, Oranges, Apple Sauce, Apple Slices, Peaches, Pears, Strawberries, Blueberries
Baby Carrots, Broccoli, Cauliflower, Cucumbers, Celery, Garden Salad, Cherry Tomatoes, Peppers
100% Fruit Juice Also Available Daily

Students may choose four ½ cup servings.
Additional Choices Available in Season

Milk Selection

May Include:
Skim, 1% White, Fat Free White, Fat Free Chocolate,
Fat Free Vanilla

Reference Daily Specials Sheet for Entree

Alternatives BRAVO Bar, J. Clark Grille, Villa Toscana, Chef Fresh, & Craveables

**** All Grain Options are Whole Grain Unless Otherwise Stated ****

(V) Vegetarian | (GF) Gluten-Free

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Lunch Prices

Student \$2.85
Premium ♦ \$3.85
Adult \$5.25



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Enchilada	Dip & Dust Wings with Garlic Knot♦	French Toast Sticks with Cheese Omelette (V) or Sausage	Buffalo Chicken Dip with Tortilla Chips (GF)
	Asian Chicken Sandwich	Asian Chicken Sandwich	Asian Chicken Sandwich	Asian Chicken Sandwich
	<u>Featured Vegetable:</u> Black Beans	<u>Featured Vegetable:</u> Roasted Honey Garlic Carrots	<u>Featured Vegetable:</u> Hash Brown Potato	<u>Featured Vegetable:</u> Steamed Broccoli
Cyclone Street Noodles BRAVO Bar! Lo mein noodles served with choice of chicken or pork, egg roll, stir-fried cabbage, sauteed red pepper, or steamed broccoli. Tossed with sweet chili, asian sesame, or orange sauce. ♦ Premium meal if served with egg roll.				
7	8	9	10	11
Labor Day	Orange Chicken over ♦ Brown Rice with Egg Roll	Indian Butter Chicken with Lemon Scented Rice or Flatbread	Italian Hoagie	Hot Ham & Cheese Pretzel Melt
NO SCHOOL!	Cowboy Burger	Cowboy Burger	Cowboy Burger	Cowboy Burger
	<u>Featured Vegetable:</u> Sesame Green Beans	<u>Featured Vegetable:</u> Steamed Broccoli	<u>Featured Vegetable:</u> Tater Tots	<u>Featured Vegetable:</u> Baked Beans
Texas Smokehouse BRAVO Bar! Choice of pulled pork or breaded chicken, mashed potatoes, baked beans, and slaw. Offered with dinner rolls or corn bread, chicken gravy, and a variety of BBQ sauces.				
14	15	16	17	18
Lasagna with ♦ Breadstick (V)	Beef Nachos	Chicken Caesar: Loaded Waffle Fries or Wrap	Build-Your-Own-Burger♦ (Beef or Black Bean (V) Patty)	Toasted Cheese or Ham & Cheese Sandwich
Chicken BLT	Chicken BLT	Chicken BLT	Chicken BLT	Chicken BLT
<u>Featured Vegetable:</u> Steamed Broccoli	<u>Featured Vegetable:</u> Mexican Street Corn Salad	<u>Featured Vegetable:</u> Steamed Green Beans	<u>Featured Vegetable:</u> Baked Beans	<u>Featured Vegetable:</u> Tomato Soup
Mac & Cheese BRAVO Bar! Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli and a breadstick.. ♦ Premium meal if served with breadstick				
21	22	23	24	25
Bruschetta Sandwich with Mozzarella (V) or Chicken	Asian Sesame Chicken with Brown Rice & Egg Roll♦	Nashville Hot Chicken Maple Flatbread♦	Beef Cheesesteak on White Baguette♦	National Dumpling Day! Chicken Dumplings♦
Hot Honey Chicken & Biscuit Sliders	Hot Honey Chicken & Biscuit Sliders	Hot Honey Chicken & Biscuit Sliders	Hot Honey Chicken & Biscuit Sliders	Hot Honey Chicken & Biscuit Sliders
<u>Featured Vegetable:</u> Peas & Carrots	<u>Featured Vegetable:</u> Steamed Broccoli	<u>Featured Vegetable:</u> Sweet Potato Fries	<u>Featured Vegetable:</u> Chickpea Salad	<u>Featured Vegetable:</u> Steamed Green Beans
Breakfast BRAVO Bar! Choice of French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette. Offered with hashbrowns.				
28	29	30		
Dunk Tank Chicken Sandwich or Breaded Drumstick♦	Beef Enchilada	Sausage, Egg & Cheese ♦ Waffle Flatbread Sandwich	Now Hiring Part Time & Substitute Cafeteria Workers	Visit SchoolCafe for Menu:
Chicken Parm Sandwich	Chicken Parm Sandwich	Chicken Parm Sandwich	Email: jenna.ossler@metzcorp.com	-Nutritionals
<u>Featured Vegetable:</u> Steamed Broccoli	<u>Featured Vegetable:</u> Black Beans	<u>Featured Vegetable:</u> Hash Brown Potato		-Allergens
Pasta BRAVO Bar! Daily pasta with choice of meatballs, ground beef, or diced chicken, alfredo or marinara sauce. Served with a breadstick or garlic knot, lemon parm broccoli, and mozzarella or parmesan cheese ♦ Premium meal if served with breadstick or garlic knot.				
YOUR DINING SERVICES TEAM Jenna Ossler, Food Service Director (724) 934-7202 ext. 35053 jenna.ossler@metzcorp.com Lily Mejia, Assistant Food Service Director (724) 934-7279 ext. 35050 lily.mejia@metzcorp.com				



Middle School Daily Specials

WEEK OF SEPTEMBER 7 – 11



WEEKLY FEATURE

Texas Smokehouse Bar!

Daily Features: Choice of pulled pork or breaded chicken, mashed potatoes, baked beans, and slaw.

Accompaniments: Choice of dinner rolls or corn bread, chicken gravy, and a variety of BBQ sauces.

Customizable for (V)



HOT SANDWICH OF THE WEEK: Cowboy Burger

Offered Daily: **Chicken Patty** ♦, **Spicy Chicken Patty** ♦, Cheeseburger, Hamburger

Chicken & Fry Schedule:

Monday: **Chicken Tenders** ♦ & Crinkle Fries

Tuesday: Chicken Nuggets & Tater Tots

Wednesday: **Chicken Tenders** ♦ & Curly Fries

Thursday: Chicken Nuggets & Tater Tots

Friday: **Chicken Tenders** ♦ & Crinkle Fries



Offered Daily: Garden Salad, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, Ham & Cheese Hoagie, Pizza Craveable, and Cottage Cheese Craveable

Salad of the Week: Buffalo Chicken

Cold Sandwich of the Week: Mozzarella Pesto Flatbread

****All Salads offered with additional grain option**



CONDIMENT STATION

May Include:

Ketchup, Mustard, Ranch, Honey Mustard, Mayo, BBQ, Sriracha, Texas Pete Hot Sauce

Salad Dressings:

Italian, Balsamic, Asian Sesame, Caesar, Apple Cider Vinaigrette



OFFERED DAILY: Cheese & Pepperoni

SPECIALTY PIZZA ♦

Monday: **Buffalo Chicken Pizza**

Tuesday: **Veggie Pizza**

Wednesday: **Chicken Bacon Ranch Pizza**

Thursday: **Pierogi Pizza**

Friday: **Supreme Pizza**

Monday: **Pepperoni Rolls w/ Dipping Sauce** ♦

Tuesday: Pizza Sticks w/ Dipping Sauce

Wednesday: **Pepperoni Rolls w/ Dipping Sauce** ♦

Thursday: Pizza Sticks w/ Dipping Sauce

Friday: **Pepperoni Rolls w/ Dipping Sauce** ♦

WHAT IS A SCHOOL LUNCH?

You must choose at least 3 of the 5 components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Choice of Grain/Bread, Choice of Milk

A minimum of ½ cup serving of fruit or vegetables must accompany a school lunch.

Assorted Variety of Milk Available Daily

May Include:

Skim, 1% White, Fat Free White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry

YOUR DINING SERVICES TEAM

Jenna Ossler, Food Service Director
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jenna.ossler@metzcorp.com

Lily Mejia, Assistant Food Service Director
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lily.mejia@metzcorp.com

LUNCH PRICES

Lunch:	\$2.85	Entree Only:	\$2.35
Premium Lunch: ♦	\$3.85	Prem. Entree Only:	\$3.35
Reduced Lunch:	\$0.00	Adult Lunch:	\$5.25



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Middle School Daily Specials

WEEK OF SEPTEMBER 14 - 18



WEEKLY FEATURE

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken.

Accompaniments: Offered with shredded cheese, lemon parm broccoli, and a breadstick.

Customizable for (V)

◆ Premium Meal if Served with a Breadstick



CONDIMENT STATION

May Include:

Ketchup, Mustard, Ranch, Honey Mustard, Mayo, BBQ, Sriracha, Texas Pete Hot Sauce

Salad Dressings:

Italian, Balsamic, Asian Sesame, Caesar, Apple Cider Vinaigrette



HOT SANDWICH OF THE WEEK: Chicken BLT

Offered Daily: **Chicken Patty** ◆, **Spicy Chicken Patty** ◆, Cheeseburger, Hamburger

Chicken & Fry Schedule:

Monday: **Chicken Tenders** ◆ & Crinkle Fries

Tuesday: Chicken Nuggets & Tater Tots

Wednesday: **Chicken Tenders** ◆ & Curly Fries

Thursday: Chicken Nuggets & Tater Tots

Friday: **Chicken Tenders** ◆ & Crinkle Fries



OFFERED DAILY: Cheese & Pepperoni

SPECIALTY PIZZA ◆

Monday: **Buffalo Chicken Pizza**

Tuesday: **Veggie Pizza**

Wednesday: **Chicken Bacon Ranch Pizza**

Thursday: **Pierogi Pizza**

Friday: **Supreme Pizza**

Monday: **Pepperoni Rolls w/ Dipping Sauce** ◆

Tuesday: Pizza Sticks w/ Dipping Sauce

Wednesday: **Pepperoni Rolls w/ Dipping Sauce** ◆

Thursday: Pizza Sticks w/ Dipping Sauce

Friday: **Pepperoni Rolls w/ Dipping Sauce** ◆



Offered Daily: Garden Salad, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, Turkey & Cheese on a Pretzel Bun, Pizza Craveable, and Cottage Cheese Craveable

Salad of the Week: Taco Salad

Cold Sandwich of the Week: BBQ Chicken Wrap

**All Salads offered with additional grain option

WHAT IS A SCHOOL LUNCH?

You must choose at least 3 of the 5 components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Choice of Grain/Bread, Choice of Milk

A minimum of ½ cup serving of fruit or vegetables must accompany a school lunch.

Assorted Variety of Milk Available Daily

May Include:

Skim, 1% White, Fat Free White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry

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Premium Lunch: ◆	\$3.85	Prem. Entree Only:	\$3.35
Reduced Lunch:	\$0.00	Adult Lunch:	\$5.25



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Middle School Daily Specials

WEEK OF SEPTEMBER 21 - 25



WEEKLY FEATURE

Breakfast Bar!

Daily Features: Choices may include French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette.

Accompaniments: Offered with hashbrowns.

Customizable for (V)



HOT SANDWICH OF THE WEEK: Hot Honey Chicken & Biscuit Sliders

Offered Daily: **Chicken Patty** ♦, **Spicy Chicken Patty** ♦, Cheeseburger, Hamburger

Chicken & Fry Schedule:

Monday: **Chicken Tenders** ♦ & Crinkle Fries

Tuesday: Chicken Nuggets & Tater Tots

Wednesday: **Chicken Tenders** ♦ & Curly Fries

Thursday: Chicken Nuggets & Tater Tots

Friday: **Chicken Tenders** ♦ & Crinkle Fries



Offered Daily: Garden Salad, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, Ham & Cheese Hoagie, Pizza Craveable, and Cottage Cheese Craveable

Salad of the Week: Greek Feta

Cold Sandwich of the Week: Italian Hoagie

**All Salads offered with additional grain option



CONDIMENT STATION

May Include:

Ketchup, Mustard, Ranch, Honey Mustard, Mayo, BBQ, Sriracha, Texas Pete Hot Sauce

Salad Dressings:

Italian, Balsamic, Asian Sesame, Caesar, Apple Cider Vinaigrette



OFFERED DAILY: Cheese & Pepperoni

SPECIALTY PIZZA ♦

Monday: **Buffalo Chicken Pizza**

Tuesday: **Veggie Pizza**

Wednesday: **Chicken Bacon Ranch Pizza**

Thursday: **Pierogi Pizza**

Friday: **Supreme Pizza**

Monday: **Pepperoni Rolls w/ Dipping Sauce** ♦

Tuesday: Pizza Sticks w/ Dipping Sauce

Wednesday: **Pepperoni Rolls w/ Dipping Sauce** ♦

Thursday: Pizza Sticks w/ Dipping Sauce

Friday: **Pepperoni Rolls w/ Dipping Sauce** ♦

WHAT IS A SCHOOL LUNCH?

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Assorted Variety of Milk Available Daily

May Include:

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Middle School Daily Specials

WEEK OF SEPTEMBER 28 - OCTOBER 2



WEEKLY FEATURE

Pasta Bar!

Daily Features: Daily pasta with choice of meatballs, ground beef, or diced chicken and alfredo or marinara sauce.

Accompaniments: Served with a breadstick or garlic knot, lemon parm broccoli, and mozzarella or parmesan cheese.

Customizable for (V)

◆ **Premium Meal if Served with a Breadstick or Garlic Knot**



CONDIMENT STATION

May Include:

Ketchup, Mustard, Ranch, Honey Mustard, Mayo, BBQ, Sriracha, Texas Pete Hot Sauce

Salad Dressings:

Italian, Balsamic, Asian Sesame, Caesar, Apple Cider Vinaigrette



HOT SANDWICH OF THE WEEK: Chicken Parm

Offered Daily: Chicken Patty ◆, Spicy Chicken Patty ◆, Cheeseburger, Hamburger

Chicken & Fry Schedule:

Monday: **Chicken Tenders ◆ & Crinkle Fries**

Tuesday: Chicken Nuggets & Tater Tots

Wednesday: **Chicken Tenders ◆ & Curly Fries**

Thursday: Chicken Nuggets & Tater Tots

Friday: **Chicken Tenders ◆ & Crinkle Fries**



OFFERED DAILY: Cheese & Pepperoni

SPECIALTY PIZZA ◆

Monday: **Buffalo Chicken Pizza**

Tuesday: **Veggie Pizza**

Wednesday: **Chicken Bacon Ranch Pizza**

Thursday: **Pierogi Pizza**

Friday: **Supreme Pizza**

Monday: **Pepperoni Rolls w/ Dipping Sauce ◆**

Tuesday: Pizza Sticks w/ Dipping Sauce

Wednesday: **Pepperoni Rolls w/ Dipping Sauce ◆**

Thursday: Pizza Sticks w/ Dipping Sauce

Friday: **Pepperoni Rolls w/ Dipping Sauce ◆**



Offered Daily: Garden Salad, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, Turkey & Cheese on a Pretzel Bun, Pizza Craveable, and Cottage Cheese Craveable

Salad of the Week: Crispy Chicken

Cold Sandwich of the Week: Chicken Caesar Wrap

****All Salads offered with additional grain option**

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