

NORTH ALLEGHENY SCHOOL DISTRICT ELEMENTARY LUNCH MENU

September 2026



MAKE IT A MEAL!

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

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

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

Daily Fruit & Vegetable Choices

Choices May Include:

Apples, Grapes, Oranges, Strawberries, Apple Slices,
Apple Sauces, Mixed Fruit, Peaches, Pears
100% Fruit Juice

Baby Carrots, Broccoli, Cucumbers, Tomatoes, Celery,
Salad Mix, Green Peppers

Students may choose three ½ cup servings of fruits/
vegetables.

Additional Choices Available in Season

Milk Selection

Choices May Include:

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

****All Grain Options are Whole Grain****

(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	\$2.45
Premium	\$3.45
Adult	\$5.25
Adult	\$6.25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken & Cheese
Quesadilla
or
Walking Taco Craveable ♦

Featured Vegetable:
Steamed Corn

Asian Sesame Chicken
with Brown Rice
or
Walking Taco Craveable ♦

Featured Vegetable:
Steamed Broccoli

French Toast Sticks with
Sausage Patty
or
Walking Taco Craveable ♦

Featured Vegetable:
Honey Glazed Carrots

Mozzarella Pizza Sticks
with Pizza Sauce (V)
or
Walking Taco Craveable ♦

Featured Vegetable:
Steamed Green Beans

Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)

Labor Day
NO SCHOOL!

Beef Soft Tacos
or
Bagel Craveable (V) ♦

Featured Vegetable:
Black Beans

Hamburger or
Cheeseburger
or
Bagel Craveable (V) ♦

Featured Vegetable:
Honey Glazed Carrots

Ham & Cheese
Sandwich
or
Bagel Craveable (V) ♦

Featured Vegetable:
Steamed Garden Peas

Big Daddy Pizza (V) ♦
or
Bagel Craveable (V) ♦

Featured Vegetable:
Zesty Green Beans

Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)

Breaded Chicken Tenders
with Mini Waffles ♦
or
Pizza Craveable ♦

Featured Vegetable:
Steamed Corn

Beef Walking Taco
or
Pizza Craveable ♦

Featured Vegetable:
Black Beans

Pasta with Meatballs
& Breadstick ♦
or
Pizza Craveable ♦

Featured Vegetable:
Steamed Broccoli

Toasted Cheese
Sandwich (V)
or
Pizza Craveable ♦

Featured Vegetable:
Tomato Soup

Mozzarella Pizza Sticks
with Pizza Sauce (V)
or
Pizza Craveable ♦

Featured Vegetable:
Steamed Green Beans

Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)

Orange Chicken with
Brown Rice
or
Soft Pretzel Craveable (V) ♦

Featured Vegetable:
Steamed Broccoli

Fiesta Pizza
or
Soft Pretzel Craveable (V) ♦

Featured Vegetable:
Black Beans

French Toast Sticks
with Sausage Links
or
Soft Pretzel Craveable (V) ♦

Featured Vegetable:
Honey Glazed Carrots

Mac & Cheese with
Dinner Roll (V)
or
Soft Pretzel Craveable (V) ♦

Featured Vegetable:
Steamed Garden Peas

Big Daddy Pizza (V) ♦
or
Soft Pretzel Craveable (V) ♦

Featured Vegetable:
Zesty Green Beans

Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)

General Tso's Chicken
with Brown Rice
or
Breadstick Dipper
Craveable (V) ♦
Featured Vegetable:
Steamed Broccoli

Beef & Cheese
Quesadilla
or
Breadstick Dipper
Craveable (V) ♦
Featured Vegetable:
Black Beans

Ham, Egg & Cheese on
Maple Waffle Flatbread ♦
or
Breadstick Dipper
Craveable (V) ♦
Featured Vegetable:
Hash Brown Potato

Now Hiring
Part Time & Substitute
Cafeteria Workers

Email:
jenna.ossler@metzcorp.com

Visit SchoolCafe for Menu:

-Nutritionals
-Allergens
-Ingredients

Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

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

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

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

LUNCH PRICES

Student Lunch:	\$2.45
Student Premium ♦:	\$3.45
Adult Lunch:	\$5.25
Adult Premium ♦♦:	\$6.25

DAILY OFFERINGS

Garden Salad (V): Romaine Lettuce with Mozzarella Cheese, Carrots, & Cucumber. Served with Goldfish Crackers and a Roll.

Chef Salad: Romaine Lettuce with Turkey, Mozzarella Cheese, Tomatoes, Cucumber, & Croutons. Served with a Roll.

Chicken Patty: Chicken Patty on a Whole Grain Bun

Baked Potato (V): Topped with Shredded Cheddar Cheese. Served with a Roll.

PB&J (V): Smucker's Uncrustables® Peanut Butter & Jelly Sandwich. Served with a Cheese Stick & Roll.

Meet Your nutritious friends

Peach Puppies



Peach Puppies Peaches
Featured at Breakfast
Friday, September
4th & 25th

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.



CRAVEABLES ♦

Walking Taco Craveable:
Nacho Cheese Chips topped with Beef and Shredded Cheese..

Bagel Craveable (V):
Bagel with Cream Cheese. Served with Yogurt and a Cheese Stick.

Pizza Craveable:
Flatbread served with Pizza Sauce, Mozzarella Cheese, and Pepperoni.

Soft Pretzel Craveable (V):
Soft Pretzel served with Yogurt and a Cheese Stick

Breadstick Dipper Craveable (V):
Breadsticks served with Pizza Dipping Sauce and a Cheese Stick.

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