NORTH ALLEGHENY SCHOOL DISTRICT ELEMENTARY LUNCH MENU

October 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National School Lunch Week & Lucky Tray Week: October 12-16	**Now Hiring Part Time & Substitute Cafeteria Workers** **Email: jenna.ossler@metzcorp.com**	**Visit SchoolCafe for Menu:** **-Nutritionals** **-Allergens** **-Ingredients**	1 Chicken & Mashed Potato Bowl with Roll or **Breadstick Dipper Craveable (V) ✦** Featured Vegetable: Steamed Corn	2 Mozzarella Pizza Sticks with Pizza Sauce (V) or **Breadstick Dipper Craveable (V) ✦** Featured Vegetable: Steamed Green Beans
Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)				
5 Chicken Nuggets with Roll or **Yogurt Craveable (V) ✦** Featured Vegetable: Steamed Broccoli	6 Beef Nachos Grande or **Yogurt Craveable (V) ✦** Featured Vegetable: Steamed Corn	7 Hamburger or Cheeseburger or **Yogurt Craveable (V) ✦** Featured Vegetable: Baked Beans	8 Toasted Cheese Sandwich (V) or **Yogurt Craveable (V) ✦** Featured Vegetable: Tomato Soup	9 **Big Daddy Pizza (V) ✦** or **Yogurt Craveable (V) ✦** Featured Vegetable: Steamed Green Beans
Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)				
12 **National School Lunch Week!** **Mini Corn Dogs with Funnel Cake✦** or **Walking Taco Craveable ✦** Featured Vegetable: Tater Tots	13 **National School Lunch Week!** Chicken & Cheese Quesadilla or **Walking Taco Craveable ✦** Featured Vegetable: Black Beans	14 **National School Lunch Week!** Asian Sesame Chicken with Brown Rice or **Walking Taco Craveable ✦** Featured Vegetable: Steamed Broccoli	15 **National School Lunch Week!** French Toast Sticks with Sausage or **Walking Taco Craveable ✦** Featured Vegetable: Roasted Carrots	16 **National School Lunch Week!** 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)				
19 **Lasagna with Breadstick✦** or **Bagel Craveable (V) ✦** Featured Vegetable: Steamed Broccoli	20 Beef Soft Tacos or **Bagel Craveable (V) ✦** Featured Vegetable: Black Beans	21 Hamburger or Cheeseburger or **Bagel Craveable (V) ✦** Featured Vegetable: Roasted Carrots	22 Ham & Cheese Sandwich or **Bagel Craveable (V) ✦** Featured Vegetable: Steamed Garden Peas	23 **Big Daddy Pizza (V) ✦** or **Bagel Craveable (V) ✦** Featured Vegetable: Steamed Green Beans
Daily Offerings: Garden Salad (V) | Chef Salad | Chicken Patty | Baked Potato (V) | PB&J (V)				
26 **Breaded Chicken Tenders with Mini Waffles ✦** or **Pizza Craveable ✦** Featured Vegetable: Steamed Corn	27 **Beef Walking Taco ✦** or **Pizza Craveable ✦** Featured Vegetable: Black Beans	28 **Pasta with Meatballs & Breadstick ✦** or **Pizza Craveable ✦** Featured Vegetable: Steamed Broccoli	29 Toasted Cheese Sandwich (V) or **Pizza Craveable ✦** Featured Vegetable: Tomato Soup	30 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)				

Lunch Prices

Student	$2.45
Premium✦	$3.45
Adult	$5.25
Adult✦	$6.25

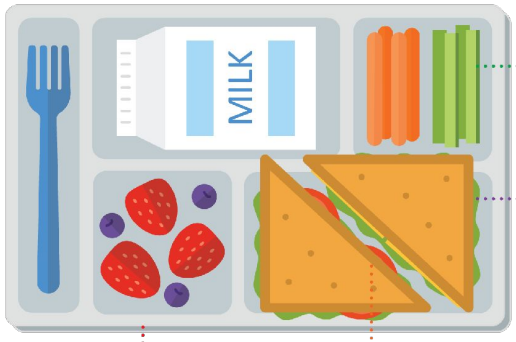
schoolcafe.com

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 |
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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!

Meet Your nutritious friends



Polar Pear Featured Throughout the Month of October!

schoolcafé

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

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.

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.

CRAVEABLES ✦

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

Yogurt Craveable (V):
Yogurt served with a Cheese Stick and Goldfish.

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.

LUNCH PRICES

Student Lunch:	$2.45
Student Premium: ✦	$3.45
Adult Lunch:	$5.25
Adult Premium: ✦	$6.25

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