NORTH ALLEGHENY SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU

October 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

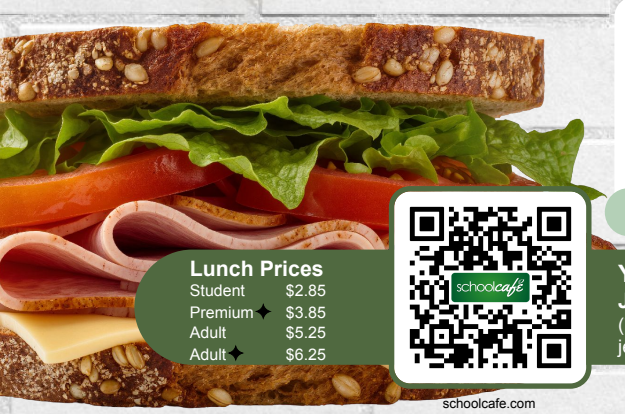
May Include:
Skim, 1% White, Fat Free White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry

Reference Daily Specials Sheet for Entree Alternatives *J. Clark Grille, Market Street Deli, Villa Toscana, Chef Fresh, & Craveables*

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

(V) Vegetarian

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
Adult✦	$6.25

schoolcafé

schoolcafe.com

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 **Pasta** **BRAVO Bar!✦** Featured Vegetable: **Honey Roasted Garlic Carrots**	2 **Pasta** **BRAVO Bar!✦** Featured Vegetable: **Steamed Green Beans**
Additional Offerings: Grille, Deli, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
5 Poblano's Mex-American BRAVO Bar! Featured Vegetable: **Sauteed Red Peppers**	6 Poblano's Mex-American BRAVO Bar! Featured Vegetable: **Steamed Broccoli**	7 Poblano's Mex-American BRAVO Bar! Featured Vegetable: **Black Beans**	8 Poblano's Mex-American BRAVO Bar! Featured Vegetable: **Corn**	9 Poblano's Mex-American BRAVO Bar! Featured Vegetable: **Steamed Green Beans**
Additional Offerings: Grille, Deli, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
12 **National School Lunch Week!** **Street Eats! Mini Corn Dogs with Funnel Cake✦** **Street Noodles BRAVO Bar!✦** Featured Vegetable: **Crinkle Fries**	13 **National School Lunch Week!** **Cyclone Street Noodles BRAVO Bar!✦** Featured Vegetable: **Chickpea Salad**	14 **National School Lunch Week!** **Cyclone Street Noodles BRAVO Bar!✦** Featured Vegetable: **Sauteed Red Peppers**	15 **National School Lunch Week!** **Cyclone Street Noodles BRAVO Bar!✦** Featured Vegetable: **Stir Fried Cabbage**	16 **National School Lunch Week!** **Cyclone Street Noodles BRAVO Bar!✦** Featured Vegetable: **Steamed Broccoli**
Additional Offerings: Grille, Deli, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
19 Texas Smokehouse BRAVO Bar! Featured Vegetable: **Glazed Carrots**	20 Texas Smokehouse BRAVO Bar! Featured Vegetable: **Steamed Green Beans**	21 Texas Smokehouse BRAVO Bar! Featured Vegetable: **Steamed Broccoli**	22 Texas Smokehouse BRAVO Bar! Featured Vegetable: **Tater Tots**	23 Texas Smokehouse BRAVO Bar! Featured Vegetable: **Baked Beans**
Additional Offerings: Grille, Deli, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
26 **Mac & Cheese BRAVO Bar!✦** Featured Vegetable: **Steamed Broccoli**	27 **Mac & Cheese BRAVO Bar!✦** Featured Vegetable: **Corn**	28 **Mac & Cheese BRAVO Bar!✦** Featured Vegetable: **Steamed Green Beans**	29 **Mac & Cheese BRAVO Bar!✦** Featured Vegetable: **Baked Beans**	30 **Mac & Cheese BRAVO Bar!✦** Featured Vegetable: **Sauteed Red Peppers**
Additional Offerings: Grille, Deli, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				

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

High School Daily Specials

WEEK OF SEPTEMBER 28 – OCTOBER 2

bravo!

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, daily vegetables, and mozzarella or parmesan cheese.

Customizable for (V)

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

deli

Create your own ✦ Specialty Sandwich!

Daily Features: Choose from a variety of breads, meats, cheeses, toppings, and sauces.

Salad Bar available at NAI Deli Bar!

Grille

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: Soft Pretzel w/ Cheese

Pizza

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

cheffresh / CRAVEABLES

Offered Daily: **Garden Salad✦**, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, **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

SAUCE IT UP

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

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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
		Adult Premium: ✦	$6.25

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

High School Daily Specials

WEEK OF OCTOBER 5 – 9

bravo!

WEEKLY FEATURE

Poblano's Mex-American Bar!

Daily Features: Choice of soft or hard shell tortillas, or tortilla chips, seasoned beef, chicken, or pork.

Accompaniments: Topped with nacho cheese, shredded cheese, daily vegetables, black beans, corn, rice, guacamole, sour cream and a variety of salsas.

Customizable for (V)

✦ **Premium Meal if Served with Chips & Dip**

deli

Create your own ✦ Specialty Sandwich!

Daily Features: Choose from a variety of breads, meats, cheeses, toppings, and sauces.

Salad Bar available at NAI Deli Bar!

Grille

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: Soft Pretzel w/ Cheese

Pizza

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

cheffresh / CRAVEABLES

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

Salad of the Week:
Strawberry Spinach ✦

Cold Sandwich of the Week:
Turkey & Cheese Croissant

**All Salads offered with additional grain option

SAUCE IT UP

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

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Premium Lunch: ✦	$3.85	Prem. Entree Only:	$3.35
Reduced Lunch:	$0.00	Adult Lunch:	$5.25
		Adult Premium: ✦	$6.25

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

High School Daily Specials

WEEK OF OCTOBER 12 – 16

bravo!

WEEKLY FEATURE

Cyclone Street Noodles Bar!

Daily Features: Lo mein noodles served with choice of chicken or pork, egg roll, daily vegetables, stir-fried cabbage, and sautéed red pepper.

Accompaniments: Tossed with sweet chili, asian sesame, or orange sauce.

Customizable for (V)

✦ **Premium Meal if Served with Egg Roll**

deli

Create your own ✦ Specialty Sandwich!

Daily Features: Choose from a variety of breads, meats, cheeses, toppings, and sauces.

Salad Bar available at NAI Deli Bar!

Grille

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: Soft Pretzel w/ Cheese

Pizza

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

cheffresh / CRAVEABLES

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

Salad of the Week: **Chicken Caesar ✦**

Cold Sandwich of the Week:
Joe's Famous Chicken Wrap ✦

**All Salads offered with additional grains option

SAUCE IT UP

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

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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
		Adult Premium: ✦	$6.25

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

High School Daily Specials

WEEK OF OCTOBER 19 – 23

bravo!

WEEKLY FEATURE

Texas Smokehouse Bar!

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

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

Customizable for (V)

deli

Create your own ✦ Specialty Sandwich!

Daily Features: Choose from a variety of breads, meats, cheeses, toppings, and sauces.

Salad Bar available at NAI Deli Bar!

Grille

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: Soft Pretzel w/ Cheese

Pizza

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

cheffresh / CRAVEABLES

Offered Daily: **Garden Salad ✦**, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, **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

SAUCE IT UP

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

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Premium Lunch: ✦	$3.85	Prem. Entree Only:	$3.35
Reduced Lunch:	$0.00	Adult Lunch:	$5.25
		Adult Premium: ✦	$6.25

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

High School Daily Specials

WEEK OF OCTOBER 26 – 30

bravo!

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, daily vegetables, and a breadstick.

Customizable for (V)

✦ **Premium Meal if Served with a Breadstick**

deli

Create your own ✦ Specialty Sandwich!

Daily Features: Choose from a variety of breads, meats, cheeses, toppings, and sauces.

Salad Bar available at NAI Deli Bar!

Grille

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: Soft Pretzel w/ Cheese

Pizza

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

cheffresh / CRAVEABLES

Offered Daily: **Garden Salad✦**, Smucker's Uncrustables® Peanut Butter & Jelly Sandwich, **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

SAUCE IT UP

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

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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
		Adult Premium: ✦	$6.25

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