NORTH ALLEGHENY SCHOOL DISTRICT MIDDLE 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 *BRAVO Bar, 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

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 Chicken & Mashed Potato Bowl with Roll **Chicken Parm Sandwich✦** Featured Vegetable: Honey Roasted Garlic Carrots	2 Chicken Rosa Sandwich **Chicken Parm Sandwich✦** Featured Vegetable: Steamed Green Beans
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.**				
5 **Lasagna with Breadstick (V)✦** Pub Burger Featured Vegetable: Peas & Carrots	6 **General Tso Chicken & ✦ Brown Rice with Egg Roll** Pub Burger Featured Vegetable: Steamed Broccoli	7 Double Dogs Served with Toppings Pub Burger Featured Vegetable: Baked Beans	8 **Bacon Cheeseburger✦** Pub Burger Featured Vegetable: Tater Tots	9 BBQ Ribby on a Bun Pub Burger Featured Vegetable: Coleslaw
Poblano's Mex-American BRAVO Bar! Choice of soft- or hard-shell tortillas, or tortilla chips, seasoned beef, chicken, pork. Topped with nacho cheese, shredded cheese, black beans, corn, rice, guacamole, sour cream and a variety of salsas.✦ **Premium meal if served with chips & dip.**				
12 **National School Lunch Week! Street Eats! Mini Corn Dogs with Funnel Cake✦** **Asian Chicken Sandwich✦** Featured Vegetable: Crinkle Fries	13 **National School Lunch Week!** Chicken Enchilada **Asian Chicken Sandwich✦** Featured Vegetable: Black Beans	14 **National School Lunch Week! Dip & Dust Wings with Garlic Knot✦** **Asian Chicken Sandwich✦** Featured Vegetable: Roasted Honey Garlic Carrots	15 **National School Lunch Week!** French Toast Sticks with Cheese Omelette (V) or Sausage **Asian Chicken Sandwich✦** Featured Vegetable: Hash Brown Potato	16 **National School Lunch Week!** Buffalo Chicken Dip with Tortilla Chips **Asian Chicken Sandwich✦** Featured Vegetable: 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.**				
19 Meatball Parm Sandwich on White Baguette Cowboy Burger Featured Vegetable: Glazed Carrots	20 **Orange Chicken over Brown Rice with Egg Roll✦** Cowboy Burger Featured Vegetable: Sesame Green Beans	21 Indian Butter Chicken with Lemon Scented Rice or Flatbread Cowboy Burger Featured Vegetable: Steamed Broccoli	22 Italian Hoagie Cowboy Burger Featured Vegetable: Tater Tots	23 Hot Ham & Cheese Pretzel Melt Cowboy Burger Featured Vegetable: 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.				
26 **Lasagna with Breadstick (V)✦** **Chicken BLT✦** Featured Vegetable: Steamed Broccoli	27 Beef Nachos **Chicken BLT✦** Featured Vegetable: Mexican Street Corn Salad	28 Chicken Caesar: Loaded Waffle Fries or Wrap **Chicken BLT✦** Featured Vegetable: Steamed Green Beans	29 **Build-Your-Own-Burger✦ (Beef or Black Bean (V) Patty)** **Chicken BLT✦** Featured Vegetable: Baked Beans	30 Toasted Cheese or Ham & Cheese Sandwich **Chicken BLT✦** Featured Vegetable: 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**				

YOUR DINING SERVICES TEAM

Jenna Ossler, Food Service Director
(724) 934-7202 ext. 35053 |
jenna.ossler@metzcorp.com

Lily Mejia, Assistant Food Service Director
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Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Middle 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, lemon parm broccoli, and mozzarella or parmesan cheese.

Customizable for (V)

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

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

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

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, 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

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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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

Middle 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, black beans, corn, rice, guacamole, sour cream and a variety of salsas.

Customizable for (V)

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

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

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

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, Ham & Cheese Hoagie, **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

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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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

Middle 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, stir-fried cabbage, sautéed red pepper, or steamed broccoli.

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

Customizable for (V)

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

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

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

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, Turkey & Cheese on a Pretzel Bun, **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

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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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

Middle 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, baked beans, and slaw.

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

Customizable for (V)

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

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

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, 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

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:
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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

Middle 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, lemon parm broccoli, and a breadstick.

Customizable for (V)

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

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

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

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, 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?

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A minimum of ½ cup serving of fruit or vegetables must accompany a school lunch.
Assorted Variety of Milk Available Daily
May Include:
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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

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