

Allegheny-Clarion
Valley School
District

This institution
is an equal
opportunity
provider.

Menus for OCTOBER 2026

All Menus are subject to change

Monday, October 5

Breakfast

Pancake & Sausage
On a Stick
Milk Varieties
Fresh Fruit

Lunch

BBQ Pulled Chicken
Sandwich
Broccoli with Cheese

Secondary

Hamburger

Tuesday, October 6

Breakfast

Ham, Egg and Cheese
Croissant
Milk Varieties
Fresh Fruit

Lunch

Fajita Chicken Bowl
With Spanish Rice
Queso
Mixed Fajita Vegetables

Secondary

Hamburger

Wednesday, October 7

Breakfast

Sausage, Egg & Cheese
Breakfast Pizza Bagel
Milk Varieties
Fresh Fruit

Lunch

Grilled Cheese Sandwich
Tomato Soup

Secondary

Hamburger

Thursday, October 8

No School
Act 80 Day

Friday, October 9

No School
ALF DAY

Monday, October 12

Breakfast

Pancake & Sausage
On a Stick
Milk Varieties
Fresh Fruit

Lunch

Chicken & Biscuits
with
Steamed Peas & Carrots

Secondary

Cheese Pizza

Tuesday, October 13

Breakfast

Ham, Egg & Cheese
Croissant
Milk Varieties
Fresh Fruit

Lunch

Loaded Nacho
Spanish Rice
Steamed Corn

Secondary

Cheese Pizza

Wed., October 14

Breakfast

Sausage, Egg & Cheese
Breakfast Pizza Bagel
Milk Varieties
Fresh Fruit

Lunch

Cheeseburger
BBQ Baked Beans

Secondary

Cheese Pizza

Thursday, October 15

Breakfast

Sausage, Egg & Cheese
Biscuit
Milk Varieties
Fresh Fruit

Lunch

Toasted Italian Hoagie
Sun Chips
Baby Carrots

Secondary

Cheese Pizza

Friday, October 16

Breakfast

Cheese Omelet
Muffin
Milk Varieties
Fresh Fruit

Lunch

Penne Pasta with
Meat Sauce
Garlic Bread Stick
Steamed Broccoli

Secondary

Cheese Pizza

Thursday, October 1

Breakfast

Sausage, Egg &
Cheese Biscuit
Milk Varieties
Fresh Fruit

Lunch

Ham & Cheese Hoagie
Baked Lays
Baby Carrots

Secondary

Pepperoni Pizza

Friday, October 2

Breakfast

Cheese Omelet
Muffin
Milk Varieties
Fresh Fruit

Lunch

Italian Pasta Bake
Garlic Bread Stick
Steamed Green Beans

Secondary

Pepperoni Pizza

Available Daily

Breakfast

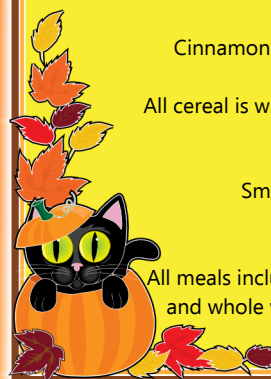
Cinnamon Toast Crunch, Cocoa Puffs
Yogurt

All cereal is whole grain and reduced sugar.

Lunch

Smucker's Uncrustable

All meals include choice of fruit, vegetable,
and whole white or 1% chocolate milk.



STRANGE BUT TRUE!

CHECK **THIS** OUT! A HUMMINGBIRD'S TONGUE IS
ENORMOUS, ESPECIALLY CONSIDERING ITS TINY
OVERALL SIZE! THAT TONGUE IS JUST AS LONG AS ITS
LONG BEAK, AND THE BIRD

USES IT TO
DRINK NECTAR
FROM FLOWERS AND BACKYARD
FEEDERS. WHEN HUMMINGBIRDS
ARE NOT FEEDING, THAT GIANT
TONGUE ROLLS UP LIKE A HOSE
INSIDE THEIR HEAD
BEHIND THEIR EYES!

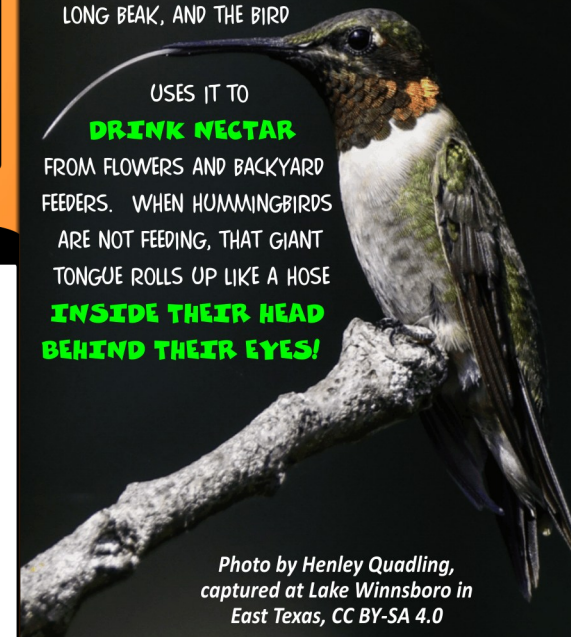


Photo by Henley Quadling,
captured at Lake Winnsboro in
East Texas, CC BY-SA 4.0

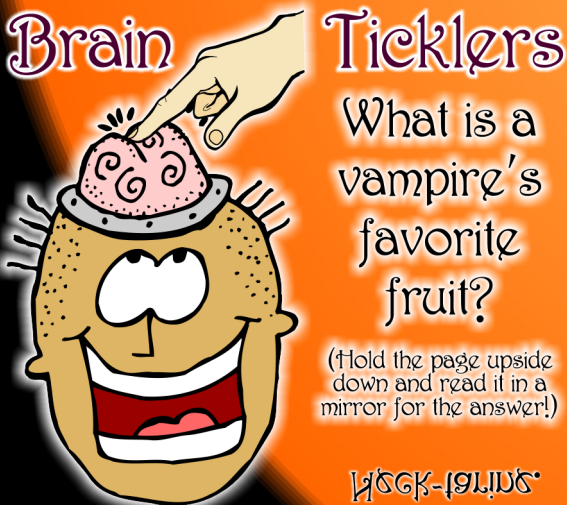


Great Pumpkins!

The biggest pumpkin ever recorded weighed over 2,600 pounds! That's like a small car! But wait, it gets better! The largest pumpkin PIE ever made was 20 feet across and weighed 3,699 pounds!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Breakfast is Free!

Lunch for paid students is \$2.95

For any questions including free and reduced lunch application information, please contact
Stacey Redding at
724-659-3555 ext. 2144
stacey.redding@acvsd.org



Monday, October 19	Tuesday, October 20	Wed., October 21	Thursday, October 22	Friday, October 23
Breakfast Pancake & Sausage On a Stick Milk Varieties Fresh Fruit	Breakfast Ham, Egg & Cheese Croissant Milk Varieties Fresh Fruit	Breakfast Sausage, Egg & Cheese Breakfast Pizza Bagel Milk Varieties Fresh Fruit	Breakfast Sausage, Egg & Cheese Biscuit Milk Varieties Fresh Fruit	Breakfast Cheese Omelet Muffin Milk Varieties Fresh Fruit
Lunch Chicken Sandwich Steamed Peas	Lunch Mexican Totchos With Chicken & Cheese Tortilla Chips Steamed Corn	Lunch General Tso's Fried Rice Steamed Broccoli	Lunch Pepperoni Calzone With Marinara French Fries	Lunch Macaroni & Cheese Garlic Bread Stick Steamed Green Beans
Secondary Sloppy Joe	Secondary Sloppy Joe	Secondary Sloppy Joe	Secondary Sloppy Joe	Secondary Sloppy Joe

Monday, October 26	Tuesday, October 27	Wed., October 28	Thursday, October 29	Friday, October 30
Breakfast Pancake & Sausage On a Stick Milk Varieties Fresh Fruit	Breakfast Ham, Egg & Cheese Croissant Milk Varieties Fresh Fruit	Breakfast Sausage, Egg & Cheese Breakfast Pizza Bagel Milk Varieties Fresh Fruit	Breakfast Sausage, Egg & Cheese Biscuit Milk Varieties Fresh Fruit	Breakfast Cheese Omelet Muffin Milk Varieties Fresh Fruit
Lunch Popcorn Chicken Bowl With Mashed Potatoes Gravy Steamed Corn	Lunch Walking Tacos Spanish Rice Steamed Broccoli	Lunch Sloppy Joe French Fries Mixed Vegetables	Lunch Hot Ham & Cheese Baked Lays Baby Carrots	Lunch Italian Pasta Bake Garlic Bread Stick Steamed Green Beans
Secondary Pepperoni Pizza	Secondary Pepperoni Pizza	Secondary Pepperoni Pizza	Secondary Pepperoni Pizza	Secondary Pepperoni Pizza