



Ambridge Area is a CEP District
Breakfast and Lunch
are free to Students.

BREAKFAST MENU

Students may choose one
of the daily features in
addition to fruit and/or juice
and milk for a
complete breakfast.

Daily Breakfast Fruit

Choice:

Fresh Fruit
Dried Fruit
Fruit Cup
Asst Juice

AMBRIDGE AREA MIDDLE SCHOOL

OCTOBER 2026 MENU



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WEEK OF OCTOBER 1-2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY OCTOBER 1	FRIDAY OCTOBER 2
BREAKFAST				Breakfast Bagel Pizza	Pop Tart (2ea)
BREAKFAST ALTERNATE				Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams
LUNCH MAIN ENTRÉE				Boneless Chicken Wings	Buttery Ranch Pierogies w/ Soft pretzel Rod
LUNCH ALTERNATE				Grilled Cheese Sandwich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup
VEGGIE CHOICE				French Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley
FRUIT CHOICE				Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit
MILK CHOICE				1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

What is included for Breakfast?

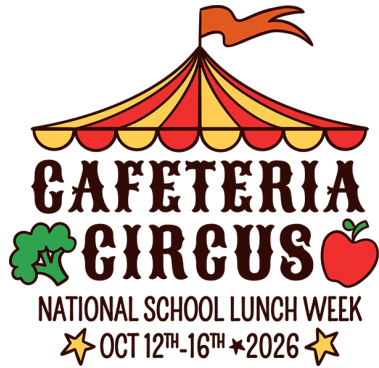
- Whole Grain Bread Item
- Meat/Meat Alternative
(optional)
- Fruit and/or Vegetable
and/or 100% Juice
- 1% Milk

Students must pick 3 or 4 of
the components of each meal,
one of which MUST be at least
1/2 cup fruit or juice for a
complete meal. If fewer than 3
items are taken or fruit or veg-
etables are not taken, students
will be charged a different, ala
carte price, as required by
National School Breakfast
Program regulations.

WEEK OF OCTOBER 5-9	MONDAY OCTOBER 5	TUESDAY OCTOBER 6	WEDNESDAY OCTOBER 7	THURSDAY OCTOBER 8	FRIDAY OCTOBER 9
BREAKFAST	Cinnamon Roll	Breakfast Eggroll	Chicken Sausage Cheese Snack N Waffle	Breakfast Burrito	Asst Cereal Bar
BREAKFAST ALTERNATE	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola	Yogurt Parfait w/ Granola
LUNCH MAIN ENTRÉE	Mandarin Orange Chicken w/ Egg noodles	WG Pancake w/ Sausage Patty	Mexican Pizza	Chicken Sandwich on WG Bun	Bosco Sticks w/ Pizza Sauce
LUNCH ALTERNATE	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant
VEGGIE CHOICE	Egg Roll Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Veggie Juice Hashbrown Rounds Cowboy Caviar Romaine Salad Sliced Cucumbers	Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Curly Fries Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers
FRUIT CHOICE	Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Warm Apple Slices Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Frozen Fruit Swirl Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit	Pineapple Tidbits Fresh Apple Fresh Orange Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

This institution is an equal opportunity provider. Menu is subject to change.

Learning is tough work-and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom



What is included for lunch?

1. Meat/Meat Alternative
2. Milk
3. Vegetable (1/2 cup limit on vegetable juice)
4. Fruit (1/2 cup limit on fruit juice)
5. Bread/Bread Alternative

Students must pick 3, 4, or ALL 5 of the components of each meal, one of which MUST be at least 1/2 cup of fruit or vegetables. If fewer than 3 items are taken or fruit or vegetables are not taken, students will be charged a different, ala carte price, as required by National School Lunch Program regulations.

WEEK OF OCTOBER 12-16	MONDAY OCTOBER 12	TUESDAY OCTOBER 13	WEDNESDAY OCTOBER 14	THURSDAY OCTOBER 15	FRIDAY OCTOBER 16
BREAKFAST		Pancake Sausage on Stick	Donut Holes	Breakfast Pizza	Benefit Bar
BREAKFAST ALTERNATE		Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams	Hard Cooked Egg w/ WG Scooby Grahams
LUNCH MAIN ENTRÉE	NO	Walking Taco	Bacon Burger on WG Bun w/ Lettuce & Tomato	Buffalo Chicken Dip w/ WG Tortilla Chips	Macaroni & Cheese
LUNCH ALTERNATE	SCHOOL	BBQ Rib Patty On WG Bun	BBQ Rib Patty On WG Bun	BBQ Rib Patty On WG Bun	BBQ Rib Patty On WG Bun
VEGGIE CHOICE	PROFESSIONAL DEVELOPMENT DAY	Refried Beans Steamed Broccoli Carrots Sticks Romaine Salad Celery Sticks	Sweet Potato Fries Steamed Broccoli Carrots Sticks Romaine Salad Celery Sticks	Steamed Broccoli Carrots Sticks Romaine Salad Celery Sticks	Steamed Broccoli Carrots Sticks Romaine Salad Celery Sticks
FRUIT CHOICE		Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit
MILK CHOICE		1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

WEEK OF OCTOBER 19-23	MONDAY OCTOBER 19	TUESDAY OCTOBER 20	WEDNESDAY OCTOBER 21	THURSDAY OCTOBER 22	FRIDAY OCTOBER 23
BREAKFAST	Breakfast Rounds	(2) Starbucks Style Egg Bites	Snack N Waffle	Breakfast Scramble	Cereal (2oz)
BREAKFAST ALTERNATE	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams	Trix Yogurt w/ WG Bug Bite Grahams
LUNCH MAIN ENTRÉE	Chicken Nuggets	Hot Dog on WG Bun	Cheese or Pepperoni Pizza Healthy Treat Bag	Beef or Chicken Taco on WG Tortilla w/ Lettuce, Cheese, & Salsa Mexican Rice	Penne Pasta w/ Meatballs Garlic Breadstick
LUNCH ALTERNATE	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chick- en Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chick- en Patty on WG Bun
VEGGIE CHOICE	Potato Smiles Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Crinkle Cut Fries Baked Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Green Beans Baby Carrots Romaine Salad Sliced Cucumbers
FRUIT CHOICE	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit Dessert: WG Cookie	Frozen Fruit Swirl Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

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What Makes A Great Breakfast?
Select 3 Components!

Be sure to choose between
FRUIT OR FRUIT JUICE

What Makes a Lunch?
Select 3-5 Components

One must be a
FRUIT OR VEGGIE

WEEK OF OCTOBER 26-30 BREAKFAST	MONDAY OCTOBER 26	TUESDAY OCTOBER 27	WEDNESDAY OCTOBER 28	THURSDAY OCTOBER 29	FRIDAY OCTOBER 30
	Asst Burst Bread	Stuffed Hashbrown	Mini Donuts	Breakfast Bagel Pizza	Pop Tart (2ea)
BREAKFAST ALTERNATE	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams
LUNCH MAIN ENTRÉE	Popcorn Chicken w/ Breadstick	Nacho Supreme w/ Lettuce, Cheese, Salsa	Pork Chopette, Mashed Potatoes w/ Gravy Dinner Roll	Boneless Chicken Wings	Buttery Ranch Pierogies w/ Soft pretzel Rod
LUNCH ALTERNATE	Popcorn Chicken Bowl	Grilled Cheese Sand- wich W/ Tomato Soup	Grilled Cheese Sand- wich W/ Tomato Soup	Grilled Cheese Sand- wich W/ Tomato Soup	Grilled Cheese Sandwich W/ Tomato Soup
VEGGIE CHOICE	Waffle Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Refried Beans Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley	French Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Corn Baby Carrots Romaine Salad Fresh Veggie Medley
FRUIT CHOICE	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Orange Sorbet Cup Canned Peaches Caramel Diced Apples Clementines Seasonal Fruit
MILK CHOICE	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk	1% White, Chocolate, or Strawberry Milk

DAILY LUNCH ITEMS

CHEF SALAD
DELI SANDWICH
GRAB N GO LUNCH
PIZZA (FRIDAY ONLY)



Online payments and student
account management can be found at
<https://www.schoolcafe.com/>
[AmbbridgeAreaSCHODIST](https://www.schoolcafe.com/AmbbridgeAreaSCHODIST)