

NORTH ALLEGHENY SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU

November 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

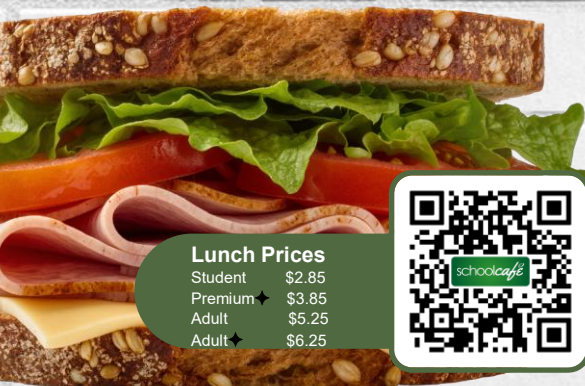
Reference Daily Specials Sheet for Entree

Alternatives *BRAVO Bar, J. Clark Grille, 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
2 Professional Learning Day NO SCHOOL!	3 Professional Learning Day NO SCHOOL!	4 Hot Honey Chicken & Biscuit Sliders ♦ Mac & Cheese BRAVO Bar! <u>Featured Vegetable:</u> Hash Brown Potato	5 Asian Sesame Chicken & Brown Rice ♦ if served with an Egg Roll Texas Smokehouse BRAVO Bar! <u>Featured Vegetable:</u> Steamed Broccoli	6 Cheeseburger Tater Tot Bowl Pasta BRAVO Bar! <u>Featured Vegetable:</u> Baked Beans
Additional Offerings: Grille, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
9 Lasagna with a Breadstick (V) ♦ Breakfast BRAVO Bar! <u>Featured Vegetable:</u> Steamed Broccoli	10 Beef Cheesesteak Poblano's Mex-American BRAVO Bar! <u>Featured Vegetable:</u> Sweet Potato Waffle Fries	11 Sausage, Egg & Cheese Waffle Flatbread Sandwich ♦ Mac & Cheese BRAVO Bar! <u>Featured Vegetable:</u> Hash Brown Potato	12 General Tso's Chicken & Brown Rice ♦ if served with an Egg Roll Texas Smokehouse BRAVO Bar! <u>Featured Vegetable:</u> Steamed Green Beans	13 Bacon Cheeseburger ♦ Pasta BRAVO Bar! <u>Featured Vegetable:</u> Baked Beans
Additional Offerings: Grille, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
16 Chicken Parm Sandwich ♦ Breakfast BRAVO Bar! <u>Featured Vegetable:</u> Steamed Broccoli	17 Double Dogs Served with Toppings Poblano's Mex-American BRAVO Bar! <u>Featured Vegetable:</u> Tater Tots	18 Bacon & Cheddar Mini Pierogies Mac & Cheese BRAVO Bar! <u>Featured Vegetable:</u> Steamed Green Beans	19 Thanksgiving Feast! ♦ Texas Smokehouse BRAVO Bar! <u>Featured Vegetable:</u> Sweet Potatoes	20 Dorito Walking Taco ♦ Pasta BRAVO Bar! <u>Featured Vegetable:</u> Black Beans
Additional Offerings: Grille, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
23 Chicken Enchilada Breakfast BRAVO Bar! <u>Featured Vegetable:</u> Black Beans	24 Mini Corn Dogs ♦ Poblano's Mex-American BRAVO Bar! <u>Featured Vegetable:</u> Roasted Honey Garlic Carrots	25 Chicken Drumstick & Mini Waffles ♦ Mac & Cheese BRAVO Bar! <u>Featured Vegetable:</u> Hash Brown Potato	26 Thanksgiving Break NO SCHOOL!	27 Thanksgiving Break NO SCHOOL!
Additional Offerings: Grille, Pizza, Chef Fresh Salads & Sandwiches, and Craveables (Reference Daily Specials Sheet)				
30 Lasagna with a Breadstick ♦ Breakfast BRAVO Bar! <u>Featured Vegetable:</u> Steamed Broccoli	House made Pumpkin Pie Squares available on 11/19!	Thanksgiving Feast on 11/19 includes Turkey Roast, Mashed Potatoes, Sweet Potatoes, Corn, Stuffing, Cranberry Sauce, and Turkey Gravy.	Now Hiring Part Time & Substitute Cafeteria Workers Email: jenna.ossler@metzcorp.com	Visit SchoolCafe for Menu: -Nutritionals -Allergens -Ingredients
Additional Offerings: Grille, 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



Middle School Daily Specials

WEEK OF NOVEMBER 4 – 6



DAILY FEATURE

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli, sautéed red peppers, and a breadstick.

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

Texas Smokehouse Bar!

Daily Features: Choice of pulled pork or breaded chicken, mashed potatoes, corn, and apple cider slaw. Offered with the choice of dinner rolls or house-made corn bread, chicken gravy, and a variety of BBQ sauces.

Pasta Bar!

Daily Features: Daily pasta with choice of meatballs, ground beef, or diced chicken and alfredo or marinara sauce. Served with a breadstick or garlic knot, steamed broccoli, and mozzarella or parmesan cheese.

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

All Bars are Customizable for (V)

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



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:
Cheese & Pepperoni**

SPECIALTY PIZZA

Monday: **Buffalo Chicken Pizza** ◆

Tuesday: Veggie Pizza

Wednesday: **Chicken Bacon Ranch Pizza** ◆

Thursday: **Supreme Pizza** ◆

Friday: **Buffalo Chicken 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



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

Salad of the Week: **Buffalo Chicken** ◆

Wrap of the Week: **BBQ**

Chicken Wrap ◆

****All Salads offered with additional grain option**



**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

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

LUNCH PRICES

Lunch: \$2.85

Premium Lunch: ◆ \$3.85

Reduced Lunch: \$0.00

Entree Only: \$2.35

Prem. Entree Only: \$3.35

Adult Lunch: \$5.25

Adult Premium: ◆ \$6.25



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Middle School Daily Specials

WEEK OF NOVEMBER 9 – 13



DAILY FEATURE

Breakfast Bar!

Daily Features: Choices may include French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette and offered with hashbrowns and maple syrup.

Poblano's Mex-American Bar!

Daily Features: Choice of soft or hard shell tortillas, or tortilla chips, seasoned beef, chicken, or pork. Topped with queso, shredded cheese, shredded lettuce, black beans, corn, rice, sour cream, and salsa.

◆ Premium Meal if Served with Chips & Dip

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli, sautéed red peppers, and a breadstick.

◆ Premium Meal if Served with a Breadstick

Texas Smokehouse Bar!

Daily Features: Choice of pulled pork or breaded chicken, mashed potatoes, corn, and apple cider slaw. Offered with the choice of dinner rolls or house-made corn bread, chicken gravy, and a variety of BBQ sauces.

Pasta Bar!

Daily Features: Daily pasta with choice of meatballs, ground beef, or diced chicken and alfredo or marinara sauce. Served with a breadstick or garlic knot, steamed broccoli, and mozzarella or parmesan cheese.

◆ Premium Meal if Served with a Breadstick or Garlic Knot

All Bars are Customizable for (V)



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:
Cheese & Pepperoni

SPECIALTY PIZZA

Monday: **Buffalo Chicken Pizza** ◆

Tuesday: Veggie Pizza

Wednesday: **Chicken Bacon Ranch Pizza** ◆

Thursday: **Supreme Pizza** ◆

Friday: **Buffalo Chicken 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



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

Salad of the Week: **Crispy Chicken** ◆

Wrap of the Week: **Chicken Caesar Wrap** ◆

**All Salads offered with additional grain option



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

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

LUNCH PRICES

Lunch: \$2.85

Premium Lunch: ◆ \$3.85

Reduced Lunch: \$0.00

Entree Only: \$2.35

Prem. Entree Only: \$3.35

Adult Lunch: \$5.25

Adult Premium: ◆ \$6.25



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Middle School Daily Specials

WEEK OF NOVEMBER 16 – 20



DAILY FEATURE

Breakfast Bar!

Daily Features: Choices may include French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette and offered with hashbrowns and maple syrup.

Poblano's Mex-American Bar!

Daily Features: Choice of soft or hard shell tortillas, or tortilla chips, seasoned beef, chicken, or pork. Topped with queso, shredded cheese, shredded lettuce, black beans, corn, rice, sour cream, and salsa.

◆ Premium Meal if Served with Chips & Dip

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli, sautéed red peppers, and a breadstick.

◆ Premium Meal if Served with a Breadstick

Texas Smokehouse Bar!

Daily Features: Choice of pulled pork or breaded chicken, mashed potatoes, corn, and apple cider slaw. Offered with the choice of dinner rolls or house-made corn bread, chicken gravy, and a variety of BBQ sauces.

Pasta Bar!

Daily Features: Daily pasta with choice of meatballs, ground beef, or diced chicken and alfredo or marinara sauce. Served with a breadstick or garlic knot, steamed broccoli, and mozzarella or parmesan cheese.

◆ Premium Meal if Served with a Breadstick or Garlic Knot

All Bars are Customizable for (V)



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:
Cheese & Pepperoni

SPECIALTY PIZZA

Monday: **Buffalo Chicken Pizza** ◆

Tuesday: Veggie Pizza

Wednesday: **Chicken Bacon Ranch Pizza** ◆

Thursday: **Supreme Pizza** ◆

Friday: **Buffalo Chicken 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



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

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

Wrap of the Week: **Joe's Famous Chicken Wrap** ◆

**All Salads offered with additional grain option



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

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

LUNCH PRICES

Lunch: \$2.85

Premium Lunch: ◆ \$3.85

Reduced Lunch: \$0.00

Entree Only: \$2.35

Prem. Entree Only: \$3.35

Adult Lunch: \$5.25

Adult Premium: ◆ \$6.25



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Middle School Daily Specials

WEEK OF NOVEMBER 23 – 25



DAILY FEATURE

Breakfast Bar!

Daily Features: Choices may include French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette and offered with hashbrowns and maple syrup.

Poblano's Mex-American Bar!

Daily Features: Choice of soft or hard shell tortillas, or tortilla chips, seasoned beef, chicken, or pork. Topped with queso, shredded cheese, shredded lettuce, black beans, corn, rice, sour cream, and salsa.

◆ Premium Meal if Served with Chips & Dip

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli, sautéed red peppers, and a breadstick.

◆ Premium Meal if Served with a Breadstick

All Bars are Customizable for (V)

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



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:
Cheese & Pepperoni**

SPECIALTY PIZZA

Monday: **Buffalo Chicken Pizza ◆**

Tuesday: Veggie Pizza

Wednesday: **Chicken Bacon Ranch Pizza ◆**

Thursday: **Supreme Pizza ◆**

Friday: **Buffalo Chicken 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



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

Salad of the Week: **Buffalo Chicken ◆**

Wrap of the Week: **BBQ Chicken Wrap ◆**

****All Salads offered with additional grain option**



**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

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

LUNCH PRICES

Lunch: \$2.85

Premium Lunch: ◆ \$3.85

Reduced Lunch: \$0.00

Entree Only: \$2.35

Prem. Entree Only: \$3.35

Adult Lunch: \$5.25

Adult Premium: ◆ \$6.25



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Middle School Daily Specials

WEEK OF NOVEMBER 30 – DECEMBER 4



DAILY FEATURE

Breakfast Bar!

Daily Features: Choices may include French toast sticks, pancakes, or waffles. Served with sausage or a cheese omelette and offered with hashbrowns and maple syrup.

Poblano's Mex-American Bar!

Daily Features: Choice of soft or hard shell tortillas, or tortilla chips, seasoned beef, chicken, or pork. Topped with queso, shredded cheese, shredded lettuce, black beans, corn, rice, sour cream, and salsa.

◆ Premium Meal if Served with Chips & Dip

Mac & Cheese Bar!

Daily Features: Macaroni noodles with cheese sauce. Protein options offered may include taco beef, pulled pork, or buffalo chicken. Offered with shredded cheese, lemon parm broccoli, sautéed red peppers, and a breadstick.

◆ Premium Meal if Served with a Breadstick

Texas Smokehouse Bar!

Daily Features: Choice of pulled pork or breaded chicken, mashed potatoes, corn, and apple cider slaw. Offered with the choice of dinner rolls or house-made corn bread, chicken gravy, and a variety of BBQ sauces.

Pasta Bar!

Daily Features: Daily pasta with choice of meatballs, ground beef, or diced chicken and alfredo or marinara sauce. Served with a breadstick or garlic knot, steamed broccoli, and mozzarella or parmesan cheese.

◆ Premium Meal if Served with a Breadstick or Garlic Knot

All Bars are Customizable for (V)



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:
Cheese & Pepperoni

SPECIALTY PIZZA

Monday: **Buffalo Chicken Pizza** ◆

Tuesday: Veggie Pizza

Wednesday: **Chicken Bacon Ranch Pizza** ◆

Thursday: **Supreme Pizza** ◆

Friday: **Buffalo Chicken 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



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

Salad of the Week: **Crispy Chicken** ◆

Wrap of the Week: **Chicken Caesar Wrap** ◆

**All Salads offered with additional grain option



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

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

LUNCH PRICES

Lunch: \$2.85

Premium Lunch: ◆ \$3.85

Reduced Lunch: \$0.00

Entree Only: \$2.35

Prem. Entree Only: \$3.35

Adult Lunch: \$5.25

Adult Premium: ◆ \$6.25



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES