AMBRIDGE AREA MIDDLE SCHOOL
NOVEMBER 2026 MENU

Leigh Anne Holman CDM, CFPP
Food Service Director
724-266-2833 ext. 2395 or 2230
leighanne.holman@ambridge.k12.pa.us

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

WEEK OF NOVEMBER 2-6	MONDAY NOVEMBER 2	TUESDAY NOVEMBER 3	WEDNESDAY NOVEMBER 4	THURSDAY NOVEMBER 5	FRIDAY NOVEMBER 6
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 Pancakes w/ Sausage Patty	Mexican Pizza	Chicken Sandwich on WG Bun	Bosco Sticks w/ Pizza Sauce
LUNCH ALTERNATE	Chili w/ Fritos	Chile w/ Fritos	Chili w/ Fritos	Chili w/ Fritos	Chili w/ Fritos
VEGGIE CHOICE	Egg Roll Steamed Carrots Cowboy Caviar Romaine Salad Sliced Cucumbers	Veggie Juice Hashbrown Round Cowboy Caviar Romaine Salad Sliced Cucumber	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	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

WEEK OF NOVEMBER 9-13	MONDAY NOVEMBER 9	TUESDAY NOVEMBER 10	WEDNESDAY NOVEMBER 11	THURSDAY NOVEMBER 12	FRIDAY NOVEMBER 13
BREAKFAST	Asst Muffins (4oz)	Pancake & Sausage on Stick		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	Chicken Tenders w/ Biscuit	Walking Taco	NO SCHOOL	Buffalo Chicken Dip w/ WG Tortilla Chips	Macaroni & Cheese
LUNCH ALTERNATE	Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun		Hamburger or Cheeseburger on WG Bun	Hamburger or Cheeseburger on WG Bun
VEGGIE CHOICE	Potato Wedges Coleslaw Baby Carrots Romaine Salad Celery Sticks	Refried Beans Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks		Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks	Steamed Broccoli Baby Carrots Romaine Salad Celery Sticks
FRUIT CHOICE	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	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

NOVEMBER WELLNESS CORNER

Healthy Holiday Tip:

Enjoy your favorite holiday foods while remembering to fill half your plate with fruits and vegetables.

Move More Challenge:

Take a 15-minute family walk after dinner three times this week.

Wellness Reminder:

Physical activity helps boost mood, energy, and overall health.

Harvest of the month: Winter Squash

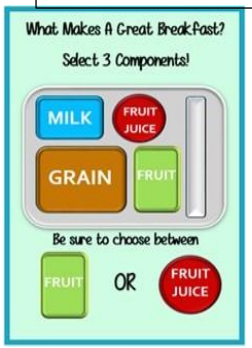
Scan the QR code to access the Family Newsletter with nutrition facts, fun facts, cooking tips, and healthy recipes.

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

School Lunch

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 the National School Lunch Program.





schoolcafé

Online payments and student account management can be found at https://www.schoolcafe.com/AmbridgeAreaSCHODIST

DAILY LUNCH ITEMS
CHEF SALAD
DELI SANDWICH
GRAB N GO LUNCH
PIZZA (FRIDAYS ONLY)
Coming soon
Domino's SMARTSlice

WEEK OF NOVEMBER 16-20	MONDAY NOVEMBER 16	TUESDAY NOVEMBER 17	WEDNESDAY NOVEMBER 18	THURSDAY NOVEMBER 19	FRIDAY NOVEMBER 20
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	Bridger Burger w/ Lettuce & Tomato	Cheese or Pepperoni Pizza	THANKSGIVING LUNCH Sliced Turkey w/ Gravy Mashed Potatoes and/or Stuffing WG Dinner Roll	Penne Pasta w/ Meatballs Garlic Breadstick
LUNCH ALTERNATE	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun	Original or Spicy Chicken Patty on WG Bun		Original or Spicy Chicken Patty on WG Bun
VEGGIE CHOICE	Potato Smiles Green Beans Baby Carrots Romaine Salad Sliced Cucumbers	Sweet Potato 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	Frozen Fruit Swirl Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Cranberry Sauce Applesauce Fresh Apple Fresh Orange Seasonal Fruit Dessert: Pumpkin Mousse	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

WEEK OF NOVEMBER 23-27	MONDAY NOVEMBER 23	TUESDAY NOVEMBER 24	WEDNESDAY NOVEMBER 25	THURSDAY NOVEMBER 26	FRIDAY NOVEMBER 27
BREAKFAST	Asst Burst Bread	Stuffed Hashbrown			
BREAKFAST ALTERNATE	Cheese Stick w/ WG Goldfish Grahams	Cheese Stick w/ WG Goldfish Grahams	**NO SCHOOL**	**NO SCHOOL**	**NO SCHOOL**
LUNCH MAIN ENTRÉE	Popcorn Chicken w/ Turkey Shaped WG Soft Pretzel	Nacho Supreme w/ Lettuce, Cheese & Salsa			
LUNCH ALTERNATE	Meatball Sandwich on WG Roll	Meatball Sandwich on WG Roll			
VEGGIE CHOICE	Waffle Fries Corn Baby Carrots Romaine Salad Fresh Veggie Medley	Refried Beans 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			



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