



**OCTOBER 2021
HIGH SCHOOL
LUNCH MENU - CAFÉ STYLE**

Janet L. Gaffney, MS RD LDN
Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LOOKING FOR A LITTLE EXTRA CASH FLEXIBLE HOURS? Various part-time Food Service Opportunities available this school year. Complete application at www.ambridge.k12.pa.us Apply For All Clearances Act 34,151, 114 Email: jgaffney@ambridge.k12.pa.us with any concerns.</p> <p>*AASD is an equal opportunity provider</p>				Chicken Tenders Pasta Alfredo Fresh Broccoli w/Ranch Fresh Banana Milk
4	5	6	7	8
Mandarin Chicken over Egg Noodles Stir-Fry Vegetables Egg Roll Chilled Peaches Milk	Footlong Hot Dog on a Bun w/Cheese & Chilli Potato Pancakes & Kraut Fresh Green Peppers Celery Stix Applesauce Cup Milk	Pork Choppette w/Gravy Whipped Potatoes Veggie of the Day WG Dinner Roll Assorted Fruits Milk	Cheeseburger on a Bun w/Lettuce & Tomato Tator Triangles Broccoli Spears Peachy/Pear Cup Milk	Cheese Quesadillas WG Healthy Treat Bag Goldfish Crackers Grape Tomatoes Veggie Stix w/Ranch Fresh Fruit Choices Milk
11	12	13	14	15
Boneless BBQ Rib on a Bun Pretzel Twists Peas & Carrots Assorted Fruit Choices Milk	Nachos Supreme w/Salsa & Cheddar Cheese Mex Rice Refried Beans Fresh Apple Milk	Penne Pasta & Meat Sauce Garlic Toast Cooked Broccoli Florets Peaches Milk	Chicken Patty on WG Bun Tator Tots Cukes & Pepper Strips w/Ranch Orange Wedges Milk	Gyro on a Pita Potato Wedges Fresh Baby Carrots Whole Fruit Choices Milk
18	19	20	21	22
Walking Taco (Meat, Chips & Cheese) Golden Corn Salsa Fruit Cups Milk	Pepperoni Pizza (Nardones) Romaine Salad Fresh Fruit in Season Treat Bag Milk	Chicken Favorites Favorite Fries Carrots w/Ranch Dinner Roll Peaches Milk	2 HOUR DELAY - ALL STUDENTS Meatball Sandwich on a WG Roll w/Mozzarella Cheese Potato Smiles Fresh Banana Veggie Juice Milk	INSERVICE DAY NO SCHOOL
25	26	27	28	29
Bacon Cheeseburger French Fries Mixed Vegetables Applesauce Cup Milk	Popcorn Chicken Potato Wedges WG Breadsticks Cheesy Cauliflower Mandarin Craisin Cup Milk	Pork Choppette w/Pork Gravy Whipped Potatoes Garden Sweet Peas WG Dinner Roll Warm Cinnamon Apples Milk	Chicken Parm on a Bun French Fries Carroteenies w/Ranch Dip Pears au Chocolate Milk	Pitch Fork Peirogies w/Onion Butter Sauce Spooky Spinach Salad Goblin Garlic Toast Booberry Fruit Punch, Orange Jello Rice Creepies Treat Milk