



**OCTOBER 2021
MIDDLE 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. *AASD is an equal opportunity provider</p>				Chicken Tenders Pasta Alfredo Fresh Broccoli w/Ranch Fresh Banana Milk ALT: Cook's Choice
4	5	6	7	8
Mandarin Chicken over Egg Noodles Stir-Fry Vegetables Egg Roll Chilled Peaches Milk ALT: Turkey & Cheese Sandwich	Hot Dog on a Bun w/Cheese & Chilli Potato Pancakes Fresh Green Peppers Celery Stix Applesauce Cup Milk ALT: Turkey & Cheese Sandwich	Pork Choppette w/Gravy Whipped Potatoes Veggie of the Day WG Dinner Roll Assorted Fruits Milk ALT: Turkey & Cheese Sandwich	Cheeseburger on a Bun w/Lettuce & Tomato Tator Triangles Broccoli Spears Peachy/Pear Cup Milk ALT: Turkey & Cheese Sandwich	Grilled Cheese w/Pickles WG Healthy Treat Bag Goldfish Crackers Grape Tomatoes Veggie Stix w/Ranch Fresh Fruit Choices Milk ALT: Turkey & Cheese Sandwich
11	12	13	14	15
Boneless BBQ Rib on a Bun Pretzel Twists Peas & Carrots Assorted Fruit Choices Milk ALT: Mini American Hoagie	Nachos Supreme w/Salsa & Cheddar Cheese Mex Rice Refried Beans Fresh Apple Milk ALT: Mini American Hoagie	Penne Pasta & Meat Sauce Garlic Toast Cooked Broccoli Florets Peaches Milk ALT: Mini American Hoagie	Chicken Patty on WG Bun Tator Tots Cukes & Pepper Strips w/Ranch Orange Wedges Milk ALT: Mini American Hoagie	Fish on a WG Bun Potato Wedges Fresh Baby Carrots Whole Fruit Choices Milk ALT: Mini American Hoagie
18	19	20	21	22
Walking Taco (Meat, Chips & Cheese) Golden Corn Salsa Fruit Cups Milk ALT: Ham & Swiss on a Bun	Pepperoni Pizza (Nardones) Romaine Salad Fresh Fruit in Season Treat Bag Milk ALT: Ham & Swiss on a Bun	Chicken Favorites Favorite Fries Carrots w/Ranch Dinner Roll Peaches Milk ALT: Ham & Swiss on a Bun	2 HOUR DELAY - ALL STUDENTS Meatball Sandwich on a WG Roll w/Mozzarella Cheese Potato Smiles Fresh Banana, Veggie Juice Milk ALT: Ham & Swiss on a Bun	INSERVICE DAY NO SCHOOL
25	26	27	28	29
Bridger Burger French Fries Mixed Vegetables Applesauce Cup Milk ALT: Italian Sub	Popcorn Chicken Potato Wedges WG Breadsticks Cheesy Cauliflower Mandarin Craisin Cup Milk ALT: Italian Sub	Pork Choppette w/Pork Gravy Whipped Potatoes Garden Sweet Peas WG Dinner Roll Warm Cinnamon Apples Milk ALT: Italian Sub	Chicken Parm on a Bun French Fries Carroteenies w/Ranch Dip Pears au Chocolate Milk ALT: Italian Sub	Pitch Fork Peirogies w/Onion Butter Sauce Spooky Spinach Salad Goblin Garlic Toast Booberry Fruit Punch, Orange Jello Rice Creepies Treat, Milk ALT: Italian Sub