



**NOVEMBER 2021
MIDDLE SCHOOL
LUNCH MENU - CAFÉ STYLE**

Janet L. Gaffney, MS RD LDN
Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Pizza Hash Browns Steamed Carrots Flavored Applesauce Cup Milk ALT: Turkey & Cheddar on a Bun <p style="text-align: right;">1</p>	Walking Taco (Meat, Cheese, Chips & Salsa) Spanish Rice Fresh Fruit Milk ALT: Turkey & Cheddar on a Bun <p style="text-align: right;">2</p>	Grilled Chicken Salad French Fries Veggie of the Day Chilled Peachy/Pear Cup WG Roll Milk ALT: Turkey & Cheddar on a Bun <p style="text-align: right;">3</p>	Rotini & Meatball w/Parm Cheese Romaine Salad Soft Breadsticks Green Beans Fresh Fruit in Season Milk ALT: Turkey & Cheddar on a Bun <p style="text-align: right;">4</p>	Mexican Pizza Onion Rings Steamed Corn Diced Peaches Milk ALT: Turkey & Cheddar on a Bun <p style="text-align: right;">5</p>
Bridger Burger w/Cheese Assorted Treat Bags Green Beans Fresh Orange or Apple Milk ALT: Ham & American Cheese <p style="text-align: right;">8</p>	Popcorn Chicken French Fries Steamed Broccoli Dinner Roll Mandarin Oranges Milk ALT: Ham & American Cheese <p style="text-align: right;">9</p>	Stuffed Breadstix & Pizza Sauce California Veggie Blend Whole Fruit Swirl Milk ALT: Ham & American Cheese <p style="text-align: right;">10</p>	<p>VETERANS DAY NO SCHOOL</p>	Chicken Tenders Pasta Alfredo Fresh Broccoli w/Ranch Dinner Roll Fresh Banana Milk ALT: Ham & American Cheese <p style="text-align: right;">12</p>
Mandarin Chicken over Egg Noodles Stir-Fry Vegetables Egg Roll Chilled Peaches Milk ALT: American Hoagie <p style="text-align: right;">15</p>	Hot Dog on a Bun w/Cheese & Chili Potato Pancakes Fresh Green Peppers & Celery Stix Applesauce Cup Milk ALT: American Hoagie <p style="text-align: right;">16</p>	Macaroni & Cheese Veggie of the Day WG Dinner Roll Assorted Fruits Milk ALT: American Hoagie <p style="text-align: right;">17</p>	Thanksgiving Feast Roast Turkey w/ Stuffing Whipped Potatoes w/Gravy Peas, Cranberry Sauce Fruit Choices Thanksgiving Dessert Milk ALT: American Hoagie <p style="text-align: right;">18</p>	Grilled Cheese w/Pickles Goldfish Crackers Grape Tomatoes Fresh Fruit Choices Milk ALT: American Hoagie <p style="text-align: right;">19</p>
Boneless BBQ Rib on a Bun Pretzel Twists Peas & Carrots Assorted Fruit Choices Milk ALT: Ham & Swiss on a Bun <p style="text-align: right;">22</p>	Nachos Supreme w/Salsa & Cheddar Cheese Mex Rice Refried Beans Fresh Apple Milk ALT: Ham & Swiss on a Bun <p style="text-align: right;">23</p>	<p>THANKSGIVING BREAK NO SCHOOL</p>	<p>THANKSGIVING BREAK NO SCHOOL</p>	<p>THANKSGIVING BREAK NO SCHOOL</p>
<p>THANKSGIVING BREAK NO SCHOOL</p>	Cheese Pizza (Nardones) Romaine Salad Fresh Fruit in Season Treat Bag Milk ALT: Italian Sub <p style="text-align: right;">29</p>			<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>