



Lunch Price:
Free (CEP)

-2023-

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AASD MIDDLE SCHOOL LUNCH MENU

DAILY LUNCH ITEMS

- GARDEN SALAD
- DELI SANDWICH
- GRAB N GO LUNCHES
- PIZZA-FRIDAY ONLY

MILK OFFERED DAILY: low fat white, vanilla, chocolate, strawberry. & nonfat white



NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13, 2023

What Makes a Lunch?
Select 3-5 Components

One must be a **FRUIT** OR **VEGGIE**

LOOKING FOR A LITTLE EXTRA CASH, FLEXIBLE HOURS?
Various part-time Food Service Opportunities available this school year. Scan QR Code to complete application and apply for all clearances Act 34,151,114



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<p>2 Sloppy Joe on WG Bun Tater Tots Green Beans Peaches or Fresh Fruit Choice Milk</p>	<p>3 Mandarin Orange Chicken over Egg Noodles Stir Fry Vegetables WG Dinner Roll Fresh Pepper Stripes w/ Ranch WG Cookie or Fresh Fruit Choice Milk</p>	<p>4 Cheeseburger on WG Bun W/ Lettuce & Tomato Lentil Pasta Salad Corn 100% Fruit Punch or Fresh Fruit Choice Milk</p>	<p>5 Buffalo Chicken Dipper w/ WG Tortilla Chips Celery Sticks w/ Ranch Peas Pears or Fresh Fruit Choice Milk</p>	<p>6 Grilled Cheese w/ Pickles Healthy Treat Bag Tomato Soup Baby Carrots w/ Ranch Applesauce or Fresh Fruit Choice Milk</p>
<p>9 Chicken Patty on WG Bun w/ Lettuce & Tomato Curly Fries Carrots Mandarin Oranges or Fresh Fruit Choice Milk</p>	<p>10 Nacho Supreme w/ Lettuce, Cheese & Salsa Mex Rice Refried Beans Pears or Fresh Fruit Choice Milk</p>	<p>11 Open Faced Hot Rost Beef on WG Bread French Fries Fresh Broccoli Florets w/ Ranch Mousse or Fresh Fruit Choice Milk</p>	<p>12 Chicken Fajita on WG Tortilla w/ Cheddar Cheese, Peppers & Onions Corn & Black Bean Salad Peas Apple Slices or Fresh Fruit Choice Milk</p>	<p>13 Penne Pasta w/ Meat Sauce WG Garlic Toast Italian Blend Cucumber Slices Frozen Fruit Swirl or Fresh Fruit Choice Milk</p>
<p>16 Chicken Nuggets Potato Smiles WG Dinner Roll Cauliflower w/ Cheese Fruit Cocktail or Fresh Fruit Choice Milk</p>	<p>17 Mini Corn Dog WG Pasta Alfredo Broccoli Florets Cucumber Slices Pineapple Tidbits or Fresh Fruit Choice Milk</p>	<p>18 Cheese or Pepperoni Pizza Healthy Treat Bags Tossed Salad Corn Peaches or Fresh Fruit Choice Milk</p>	<p>19 BBQ Rib Patty on WG Bun Potato Pancakes Baked Beans Applesauce or Fresh Fruit Choice Milk</p>	<p>20 Pierogies w/ Onion Butter Sauce Tossed Salad Carrots WG Pretzel Stick Strawberry Cup or Fresh Fruit Choice Milk</p>
<p>23 Walking Taco w/ WG Tortilla Chips Lettuce, Cheese & Salsa Refried Beans Green Beans Mandarin Oranges or Fresh Fruit Choice Milk</p>	<p>24 Meatball Sandwich on WG Roll w/ Mozz Cheese Potato Smiles Romaine Salad Pears or Fresh Fruit Choice Milk</p>	<p>25 Hot Turkey Sandwich Mashed Potatoes w/ Gravy Carrots 100% Fruit Punch or Fresh Fruit Choice Milk</p>	<p>26 <u>TWO HOUR DELAY</u> Mexican Pizza Spinach Salad Mexicom Pineapple Tidbits or Fresh Fruit Choice Milk</p>	<p>27 NO SCHOOL FULL PROFESIONAL DEVELOPMENT DAY</p>
<p>30 WG Pancakes with Sausage Veggie Juice Carrot/ Celery Sticks w/ Ranch Warm Cinnamon Apple Slices or Fresh Fruit Choice Milk</p>	<p>31 HAPPY HALLOWEEN Bridger Burger on WG Bun w/ Lettuce & Tomato Sweet Potato Fries Lentil Pasta Salad Orange Gelatin or Fresh Fruit Choice Milk</p> 		<p>Any questions regarding menus, student meal accounts, snacks, allergens, etc. should be directed to: Leigh Anne Holman CDM, CFPP Food Service Director 724-266-2833 ext. 2395 leighanne.holman@ambridge.k12.pa.us</p>	