

### 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

2024

# OCTOBER

## MIDDLE SCHOOL LUNCH MENU

**What Makes a Lunch?**  
 Select 3-5 Components

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

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Lunch Price:  
Free (CEP)

**1** Hot Dog on WG Bun w/ Chili & Cheese  
 Baked Beans  
 Cucumber Tomato Salad  
 Frozen Fruit Swirl or Fresh Fruit Choice  
 Milk

**2** Open Faced Hot Roast Beef on WG  
 Bread  
 French Fries  
 Peas  
 Mousse or Fresh Fruit Choice  
 Milk

**3** Cheese or Pepperoni Pizza  
 Tossed Salad  
 Corn  
 Healthy Treat Bags  
 Peaches or Fresh Fruit Choice  
 Milk

**4** Pierogies w/ Onion Butter Sauce  
 Carrots  
 Fresh Broccoli Florets w/ Ranch  
 WG Pretzel Stick  
 Pears or Fresh Fruit Choice  
 Milk

**7** Nacho Supreme  
 w/ Lettuce, Cheese & Salsa  
 Mex Rice  
 Refried Beans  
 Apple Slices or Fresh Fruit Choice  
 Milk

**8** Chicken Patty on WG Bun  
 w/ Lettuce & Tomato  
 Curly Fries  
 Carrots  
 Mandarin Oranges or Fresh Fruit Choice  
 Milk

**9** Mini Corn Dog  
 WG Pasta Alfredo  
 Broccoli Florets  
 Cucumber Slices  
 WG Cookie or Fresh Fruit Choice  
 Milk

**10** Chicken Fajita on WG Tortilla  
 w/ Cheddar Cheese, Peppers & Onions  
 Peas  
 Corn & Black Bean Salad  
 Pineapple Tidbits or Fresh Fruit Choice  
 Milk

**11** Penne Pasta w/ Meat Sauce  
 Italian Blend  
 Tossed Salad  
 WG Garlic Toast  
 Strawberry Cup or Fresh Fruit Choice  
 Milk

**14** NO SCHOOL  
  
**PROFESSIONAL  
 DEVELOPMENT DAY**

**15** Teriyaki Chicken w/ Fried Rice  
 Stir Fry Vegetables  
 Egg Roll  
 Fresh Pepper Stripes w/ Ranch  
 Fruit Cocktail or Fresh Fruit Choice  
 Milk

**16** Cheeseburger on WG Bun  
 W/ Lettuce & Tomato  
 Crinkle Cut Fries  
 Lentil Pasta Salad  
 100% Fruit Punch or Fresh Fruit Choice  
 Milk

**17** Buffalo Chicken Dip w/  
**WG Tortilla Chips**  
 Celery Sticks w/ Ranch  
 Peas  
 Pears or Fresh Fruit Choice  
 Milk

**18** Gyro w/ Lettuce & Onion  
 Greek Salad  
 Sliced Carrots  
 Applesauce or Fresh Fruit Choice  
 Milk

**21** WG Pancakes with Sausage  
 Hashbrown Rounds  
 Veggie Juice  
 Warm Cinnamon Apple Slices or  
 Fresh Fruit Choice  
 Milk

**22** BBQ Rib Patty on WG Bun  
 Potato Pancakes  
 Baked Beans  
 Frozen Fruit Swirl or Fresh Fruit Choice  
 Milk

**23** Hot Turkey Sandwich  
 Mashed Potatoes w/ Gravy  
 Green Beans  
 Pineapple Tidbits or Fresh Fruit Choice  
 Milk

**24** Cheese or Pepperoni Pizza  
 Mixed Vegetable  
 Fresh Broccoli w/ Ranch  
 Healthy Treat Bags  
 Applesauce or Fresh Fruit Choice  
 Milk

**25** Lasagna Roll Up  
 Italian Green Beans  
 Tossed Salad  
 WG Bread Stick  
 Fruit Cup or Fresh Fruit Choice  
 Milk

**28** Walking Taco w/ WG Tortilla Chips  
 Lettuce, Cheese & Salsa  
 Refried Beans  
 Fresh Pepper Strips w/ Ranch  
 Peaches or Fresh Fruit Choice  
 Milk

**29** Meatball Sandwich on WG Roll  
 w/ Mozz Cheese  
 Italian Blend  
 Sliced Cucumbers  
 Apple Slices or Fresh Fruit Choice  
 Milk

**30** Pork Chopette w/ Gravy  
 Mashed Potatoes  
 Peas  
 WG Dinner Roll  
 Gelatin or Fresh Fruit Choice  
 Milk

**31** Chicken Tenders  
 Potato Wedges  
 Coleslaw  
 WG Biscuit  
 Mandarin Oranges/Pineapple Cup  
 or Fresh Fruit Choice

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