



Ambridge Area is a CEP District

Breakfast and Lunch  
are free to Students.

#### BREAKFAST MENU

Students may choose the daily  
feature in addition to fruit and/or  
juice and milk for a complete  
breakfast.

#### Daily Breakfast Fruit Choice:

Fresh Fruit  
Dried Fruit  
Fruit Cup  
Asst Juice



Online payments and  
student account  
management can be  
found at

[https://www.schoolcafe.com/  
AmbridgeAreaSCHODIST](https://www.schoolcafe.com/AmbridgeAreaSCHODIST)



## AMBRIDGE AREA ELEMENTARY OCTOBER MENUS



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WEEK OF OCTOBER 1-3	MONDAY	TUESDAY	WEDNESDAY OCTOBER 1	THURSDAY OCTOBER 2	FRIDAY OCTOBER 3
<b>BREAKFAST</b>			<b>Burst Bread Slice</b>	<b>Chicken Sausage Cheese Stuffed Snack N Waffle</b>	<b>Pop Tart (1ea) Cheese Stick</b>
<b>MAIN ENTRÉE LUNCH</b>			Philly Cheese Steak Hoagie	Cheese or Pepperoni Pizza	Penne Pasta w/ Meat sauce Garlic Breadstick
<b>ALTERNATE LUNCH</b>			Turkey & American Cheese Wrap	Turkey & American Cheese Wrap	Turkey & American Cheese Wrap
<b>VEGGIE CHOICE</b>			French Fries Corn Baby Carrots Romaine Salad Celery Sticks	Corn Baby Carrots Romaine Salad Celery Sticks	Corn Baby Carrots Romaine Salad Celery Sticks
<b>FRUIT CHOICE</b>			Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit	Applesauce Fresh Apple Fresh Orange Seasonal Fruit
<b>MILK CHOICE</b>			1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate

WEEK OF OCTOBER 6-10	MONDAY OCTOBER 6	TUESDAY OCTOBER 7	WEDNESDAY OCTOBER 8	THURSDAY OCTOBER 9	FRIDAY OCTOBER 10
<b>BREAKFAST</b>	<b>Glazed Oatmeal Breakfast Bun</b>	<b>Stuffed Hashbrown</b>	<b>Asst Muffin (4oz)</b>	<b>Breakfast Bagel Pizza</b>	<b>Glazed Pull-a-Part Donut</b>
<b>MAIN ENTRÉE LUNCH</b>	Nacho Supreme w/ Lettuce, Cheese, Salsa	Chicken Patty on WG Bun	BBQ Rib Patty on WG Bun	Chicken Fajita on WG Tortilla w/ Peppers & Onions & Cheddar Cheese	Pierogies w/ Butter Onion Sauce
<b>ALTERNATE LUNCH</b>	Italian Hoagie on WG Roll	Italian Hoagie on WG Roll	Italian Hoagie on WG Roll	Italian Hoagie on WG Roll	Italian Hoagie on WG Roll
<b>VEGGIE CHOICE</b>	Refried Beans Broccoli Baby Carrots Romaine Salad Sliced Cucumbers	Curly Fries Broccoli Baby Carrots Romaine Salad Sliced Cucumbers	Broccoli Baby Carrots Romaine Salad Sliced Cucumbers	Broccoli Baby Carrots Romaine Salad Sliced Cucumbers	Broccoli Baby Carrots Romaine Salad Sliced Cucumbers
<b>FRUIT CHOICE</b>	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit
<b>MILK CHOICE</b>	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate

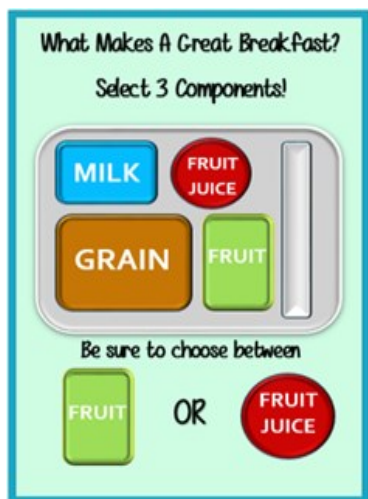
This institution is an equal opportunity provider. Menu is subject to change.



### What is included for Breakfast?

1. Whole Grain Bread Item
2. Meat/Meat Alternative (optional)
3. Fruit and/or Vegetable and/or 100% Juice
4. 1% or Fat Free Milk

Students must pick 3 or 4 of the components of each meal, one of which **MUST** be at least 1/2 cup fruit or juice for a complete meal. If fewer than 3 items are taken or fruit or vegetables are not taken, students will be charged a different, ala carte price, as required by National School Breakfast Program regulations.



WEEK OF OCTOBER 13-17	MONDAY OCTOBER 13	TUESDAY OCTOBER 14	WEDNESDAY OCTOBER 15	THURSDAY OCTOBER 16	FRIDAY OCTOBER 17
<b>BREAKFAST</b>	<b>NO SCHOOL</b>	<b>Pancake &amp; Sausage on Stick</b>	<b>Donut Holes</b>	<b>Yogurt Parfait w/ Granola Bagel w/ Cream Cheese</b>	<b>Cereal (2oz)</b>
<b>MAIN ENTRÉE LUNCH</b>		Mandarin Orange Chicken w/ Egg noodles	Cheeseburger on WG Bun W/ Lettuce & Tomato	Boneless Chicken Wings	Grilled Cheese Sandwich
<b>ALTERNATE LUNCH</b>		Hot Ham & Cheese on Pretzel Bun	Hot Ham & Cheese on Pretzel Bun	Hot Ham & Cheese on Pretzel Bun	Hot Ham & Cheese on Pretzel Bun
<b>VEGGIE CHOICE</b>		Stir Fry Veggies Baby Carrots Romaine Salad Celery Sticks	Crinkle Cut Fries Baked Beans Baby Carrots Romaine Salad Celery Sticks	Green Beans Baby Carrots Romaine Salad Celery Sticks	Tomato Soup Green Beans Baby Carrots Romaine Salad Celery Sticks
<b>FRUIT CHOICE</b>		Canned Pears Fresh Apple Clementines Seasonal Fruit	Frozen Fruit Swirl Canned Pears Fresh Apple Clementines Seasonal Fruit	Canned Pears Fresh Apple Clementines Seasonal Fruit	Canned Pears Fresh Apple Clementines Seasonal Fruit
<b>MILK CHOICE</b>		1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate

WEEK OF OCTOBER 20-24	MONDAY OCTOBER 20	TUESDAY OCTOBER 21	WEDNESDAY OCTOBER 22	THURSDAY OCTOBER 23	FRIDAY OCTOBER 24
<b>BREAKFAST</b>	<b>Nutrigran Bar Cheese Stick</b>	<b>Snack N Waffle</b>	<b>Mini Cinni</b>	<b>Breakfast Burrito</b>	<b>Benefit Bar</b>
<b>MAIN ENTRÉE LUNCH</b>	WG Pancakes w/ Sausage	Cheese or Pepperoni Pizza	Hot Turkey Sandwich Mashed Potatoes Gravy	Hot Dog on WG Bun	Lasagna Roll Up WG Bread Stick
<b>ALTERNATE LUNCH</b>	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant	Egg & Cheese on WG Croissant
<b>VEGGIE CHOICE</b>	Hashbrown Rounds Veggie Juice Baby Carrots Romaine Salad Sliced Cucumbers	Corn Baby Carrots Romaine Salad Sliced Cucumbers	Corn Baby Carrots Romaine Salad Sliced Cucumbers	Baked Beans Corn Baby Carrots Romaine Salad Sliced Cucumbers	Corn Baby Carrots Romaine Salad Sliced Cucumbers
<b>FRUIT CHOICE</b>	Warm Apple Slices Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit	Mandarin Oranges Apple Slices Clementines Seasonal Fruit
<b>MILK CHOICE</b>	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate



## TWO-HOUR DELAY

WEEK OF OCTOBER 27-31	MONDAY OCTOBER 27	TUESDAY OCTOBER 28	WEDNESDAY OCTOBER 29	THURSDAY OCTOBER 30	FRIDAY OCTOBER 31
<b>BREAKFAST</b>	<b>Breakfast Round</b>	<b>French Toast Sticks</b>	<b>Mini Donuts</b>	<b>Breakfast Pizza</b>	<b>Zee Zee Bar Yogurt</b>
<b>MAIN ENTRÉE LUNCH</b>	Walking Taco w/ Lettuce, Cheese & Salsa	Meatball Sandwich on WG Roll w/ Mozz Cheese	Pork Chopette Mashed Potatoes Gravy WG Dinner Roll	Chicken Tenders WG Biscuit	Stuffed Mozz Sticks w/ Pizza Sauce
<b>ALTERNATE LUNCH</b>	Chef Salad w/ Turkey & WG Dinner Roll	Chef Salad w/ Turkey & WG Dinner Roll	Chef Salad w/ Turkey & WG Dinner Roll	Chef Salad w/ Turkey & WG Dinner Roll	Chef Salad w/ Turkey & WG Dinner Roll
<b>VEGGIE CHOICE</b>	Refried Beans Peas Baby Carrots Romaine Salad Celery Sticks	Peas Baby Carrots Romaine Salad Celery Sticks	Peas Baby Carrots Romaine Salad Celery Sticks	Potato Wedges Peas Baby Carrots Romaine Salad Celery Sticks	Peas Baby Carrots Romaine Salad Celery Sticks
<b>FRUIT CHOICE</b>	Pineapple Tidbits Applesauce Fresh Orange Seasonal Fruit	Pineapple Tidbits Applesauce Fresh Orange Seasonal Fruit	Pineapple Tidbits Applesauce Fresh Orange Seasonal Fruit	Pineapple Tidbits Applesauce Fresh Orange Seasonal Fruit	Pineapple Tidbits Applesauce Fresh Orange Seasonal Fruit
<b>MILK CHOICE</b>	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate	1% White or 1% Lactose Free Chocolate

### What is included for lunch?

1. Meat/Meat Alternative
2. Milk
3. Vegetable (1/2 cup limit on vegetable juice)
4. Fruit (1/2 cup limit on fruit juice)
5. Bread/Bread Alternative

Students must pick 3, 4, or ALL 5 of the components of each meal, one of which MUST be at least 1/2 cup of fruit or vegetables. If fewer than 3 items are taken or fruit or vegetables are not taken, students will be charged a different, ala carte price, as

## FRESH FRUIT & VEGETABLE PROGRAM

### State St and Highland Elementary Parents and Students

Check out the website to view the weekly fruits and vegetables offered to the students through this program. There are handouts with information, fun facts, recipes and activities for each fruit and vegetable offered.



## 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



### What Makes a Lunch?

Select 3-5 Components



One must be a



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