



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

## AMBRIDGE AREA ELEMETARY SEPTEMBER MENUS



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WEEK OF SEPTEMBER 1-5	MONDAY SEPTEMBER 1	TUESDAY SEPTEMBER 2	WEDNESDAY SEPTEMBER 3	THURSDAY SEPTEMBER 4	FRIDAY SEPTEMBER 5
<b>BREAKFAST</b>	<b>NO SCHOOL</b>	Pancake & Sausage on Stick	Donut Holes	Yogurt w/ Granola Bagel w/ Cream Cheese	Cereal (2oz) Cheese Stick
<b>MAIN ENTRÉE LUNCH</b>		Mandarin Orange Chicken w/ Egg noodles	Cheeseburger on WG Bun W/ Lettuce & Tomato	Boneless Chicken Wings	Grilled Cheese Sandwich Tomato Soup
<b>ALTERNATE LUNCH</b>		Buffalo Chicken Dip w/ WG Tostitos	Buffalo Chicken Dip w/ WG Tostitos	Buffalo Chicken Dip w/ WG Tostitos	Buffalo Chicken Dip w/ WG Tostitos
<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	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 Choco- late	1% White or 1% Lactose Free Chocolate

**schoolcafé**

Online payments and  
student account  
management can be  
found at

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

WEEK OF SEPTEMBER 8-12	MONDAY SEPTEMBER 8	TUESDAY SEPTEMBER 9	WEDNESDAY SEPTEMBER 10	THURSDAY SEPTEMBER 11	FRIDAY SEPTEMBER 12
<b>BREAKFAST</b>	Nutrigran Bar Cheese Stick	Snack N Waffle	Mini Cinni	Breakfast Burrito	Benefit Bar
<b>MAIN ENTRÉE LUNCH</b>	WG Pancakes w/ Sausage Hashbrown Rounds	Cheese or Pepperoni Pizza	Hot Turkey Sandwich Mashed Potatoes Gravy	BBQ Rib Patty on WG Bun	Cheese Ravioli 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>	Veggie Juice Corn 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	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



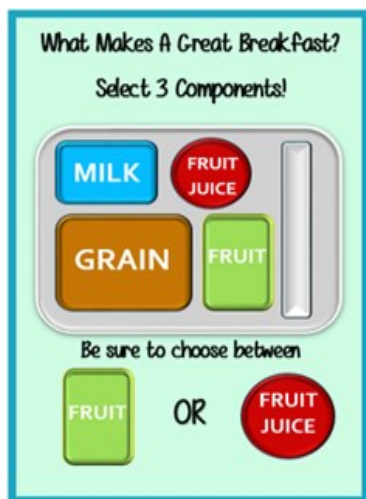
### What is included for Breakfast?

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 SEPTEMBER 15-19	MONDAY SEPTEMBER 15	TUESDAY SEPTEMBER 16	WEDNESDAY SEPTEMBER 17	THURSDAY SEPTEMBER 18	FRIDAY SEPTEMBER 19
<b>BREAKFAST</b>	Breakfast Round	French Toast Sticks	Mini Donuts	Breakfast Pizza	Zee Zee Bar Yogurt
<b>MAIN ENTRÉE LUNCH</b>	Walking Taco w/ Lettuce, Cheese & Salsa	Meatball Sandwich on WG Roll w/ Mozz Cheese	Pork Chopette Mashed Potatoes Gravy	Chicken Tenders WG Buscuit	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 Sliced Cucumbers	Peas Baby Carrots Romaine Salad Sliced Cucumbers	Peas Baby Carrots Romaine Salad Sliced Cucumbers	Potato Wedges Peas Baby Carrots Romaine Salad Sliced Cucumbers	Peas Baby Carrots Romaine Salad Sliced Cucumbers
<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

WEEK OF SEPTEMBER 22-26	MONDAY SEPTEMBER 22	TUESDAY SEPTEMBER 23	WEDNESDAY SEPTEMBER 24	THURSDAY SEPTEMBER 25	FRIDAY SEPTEMBER 26
<b>BREAKFAST</b>	Hadley Farms Cinnamon Roll	Eggo Mini Pancakes Hard Cooked Egg	Dunkin Sticks	Breakfast Scrambler	Cereal Cup(2oz) Cheese Stick
<b>MAIN ENTRÉE LUNCH</b>	Popcorn Chicken WG Garlic Breadstick	Beef or Chicken Taco on WG Tortilla w/ Lettuce, Cheese & Salsa	Bridger Burger w/ cheese on WG Bun w/ Lettuce & Tomato	Mexican Pizza	Macaroni & Cheese WG Dinner Rol
<b>ALTERNATE LUNCH</b>	Chili w/ Fritos	Chili w/ Fritos	Chili w/ Fritos	Chili w/ Fritos	Chili w/ Fritos
<b>VEGGIE CHOICE</b>	Waffle Fries Mixed Vegetables Baby Carrots Romaine Salad Sliced Cucumbers	Refried Beans Mixed Vegetables Baby Carrots Romaine Salad Sliced Cucumbers	Sweet Potato Fries Mixed Vegetables Baby Carrots Romaine Salad Sliced Cucumbers	Mixed Vegetables Baby Carrots Romaine Salad Sliced Cucumbers	Mixed Vegetables Baby Carrots Romaine Salad Sliced Cucumbers
<b>FRUIT CHOICE</b>	Canned Mixed Fruit Apple Slices Clementines Seasonal Fruit	Canned Mixed Fruit Apple Slices Clementines Seasonal Fruit	Canned Mixed Fruit Apple Slices Clementines Seasonal Fruit	Canned Mixed Fruit Apple Slices Clementines Seasonal Fruit	Canned Mixed Fruit 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





#### 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

WEEK OF SEPTEMBER 29-30	MONDAY SEPTEMBER 29	TUESDAY SEPTEMBER 30	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Mini Loaf Hard Cooked Egg	(2) Starbucks Style Egg Bites			
<b>MAIN ENTRÉE LUNCH</b>	Chicken Nuggets	Hot Dog on WG Bun			
<b>ALTERNATE LUNCH</b>	Turkey & American Cheese Wrap	Turkey & American Cheese Wrap			
<b>VEGGIE CHOICE</b>	Potato Smiles Corn Baby Carrots Romaine Salad Sliced Cucumbers	Baked Beans Corn Baby Carrots Romaine Salad Sliced Cucumbers			
<b>FRUIT CHOICE</b>	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			

**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

