



Ambridge Area is a CEP District

Breakfast and Lunch
are free to Students.

BREAKFAST

In addition to the daily offering, the
following alternate choices are

available daily for breakfast.

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

OFFERED DAILY

Asst Cereal

Daily Breakfast Fruit Choice:

Fresh Fruit

Dried Fruit

Fruit Cup

Asst Juice

AMBRIDGE AREA HIGH SCHOOL OCTOBER MENUS



Leigh Anne Holman CDM, CFPP
Food Service Director
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| WEEK OF OCTOBER 1-3 | MONDAY | TUESDAY | WEDNESDAY OCTOBER 1 | THURSDAY OCTOBER 2 | FRIDAY OCTOBER 3 |
|------------------------------|--------|---------|--|--|---|
| BREAKFAST | | | Burst Bread Slice | Chicken Sausage Cheese Stuffed Snack N Waffle | Benefit Bar Cheese Stick |
| MAIN ENTRÉE LUNCH | | | Philly Cheese Steak Hoagie | Cheese or Pepperoni Pizza | Penne Pasta w/ Meat sauce WG Garlic Toast |
| ALTERNATE LUNCH | | | Fajita w/ Peppers & On- ions on WG Tortillas | Buffalo Chicken Pizza | Potstickers w/ Fried Rice |
| VEGGIE CHOICE | | | French Fries Corn Baby Carrots Romaine Salad Celery Sticks | Corn Baby Carrots Romaine Salad Celery Sticks | Corn Baby Carrots Romaine Salad Celery Sticks |
| FRUIT CHOICE | | | Applesauce Fresh Apple Fresh Orange Seasonal Fruit | Applesauce Fresh Apple Fresh Orange Seasonal Fruit | Applesauce Fresh Apple Fresh Orange Seasonal Fruit |
| MILK CHOICE | | | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk |

| WEEK OF OCTOBER 6-10 | MONDAY OCTOBER 6 | TUESDAY OCTOBER 7 | WEDNESDAY OCTOBER 8 | THURSDAY OCTOBER 9 | FRIDAY OCTOBER 10 |
|------------------------------|---|--|---|--|---|
| BREAKFAST | Glazed Oatmeal Breakfast Bun | Stuffed Hashbrown | Asst Muffin (4oz) Yogurt | Breakfast Bagel Pizza | Glazed Pull-a-Part Donut |
| MAIN ENTRÉE LUNCH | Nacho Supreme w/ Lettuce, Cheese, Salsa | Chicken Patty on WG Bun | BBQ Rib Patty on WG Bun | Chicken Fajita on WG Tortilla w/ Cheddar Cheese, Peppers & Onions Mex Rice | Pierogies w/ Butter Onion Sauce |
| ALTERNATE LUNCH | Pulled Pork Nachos | Spicy Chicken Sandwich | Chicken & Waffle Sandwich | Teriyaki Beef Bites w/ Fried Rice | Chicken Alfredo |
| VEGGIE CHOICE | Refried Beans Broccoli 8g 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 |
| FRUIT CHOICE | 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 |
| MILK CHOICE | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk |

DAILY LUNCH ITEMS

SALAD BAR
MTO DELI
GRAB & GO LUNCH
PIZZA





What is included for Breakfast?

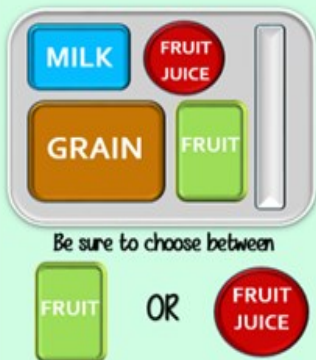
1. Whole Grain Bread Item
2. Meat/Meat Alternative (optional)
3. Fruit and/or Vegetable and/or 100% Juice
4. 1% or Fat Free Milk

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.



What Makes A Great Breakfast?

Select 3 Components!



| WEEK OF OCTOBER 13-17 | MONDAY OCTOBER 13 | TUESDAY OCTOBER 14 | WEDNESDAY OCTOBER 15 | THURSDAY OCTOBER 16 | FRIDAY OCTOBER 17 |
|------------------------------|----------------------|--|--|---|---|
| BREAKFAST | NO SCHOOL | Pancake & Sausage on Stick | Donut Holes | Bagel w/ Cream Cheese Yogurt | Cereal Bar (2oz) |
| MAIN ENTRÉE LUNCH | | Mandarin Orange Chicken w/ Egg Noodles | Cheeseburger on WG Bun w/ Lettuce & Tomato | Buffalo Chicken Dip w/ WG Tostitos | Gyro w/ Lettuce & Onion |
| ALTERNATE LUNCH | | General Tso's Chicken w/ Egg Noodle | Chicken Wings | Hot Hoagie | Grilled Cheese Bar |
| VEGGIE CHOICE | | 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 |
| FRUIT CHOICE | | 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 |
| MILK CHOICE | | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk |

| WEEK OF OCTOBER 20-24 | MONDAY OCTOBER 20 | TUESDAY OCTOBER 21 | WEDNESDAY OCTOBER 22 | THURSDAY OCTOBER 23 | FRIDAY OCTOBER 24 |
|------------------------------|--|---|---|--|---|
| BREAKFAST | Asst Muffin Cheese Stick | Snack N Waffle | Mini Cinni | Breakfast Burrito | Benefit Bar |
| MAIN ENTRÉE LUNCH | 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 |
| ALTERNATE LUNCH | Breakfast Sandwich | Mexican Pizza | Pulled Pork Mac & Cheese | Philly Cheese Steak | Quesadilla |
| VEGGIE CHOICE | Veggie Juice Hashbrown Rounds 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 |
| FRUIT CHOICE | 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 |
| MILK CHOICE | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk |



TWO-HOUR DELAY

| WEEK OF OCTOBER 27-31 | MONDAY OCTOBER 27 | TUESDAY OCTOBER 28 | WEDNESDAY OCTOBER 29 | THURSDAY OCTOBER 30 | FRIDAY OCTOBER 31 |
|------------------------------|---|---|---|---|---|
| BREAKFAST | Breakfast Round | French Toast Sticks | Mini Donuts | Breakfast Pizza | Cinnamon Toast or Trix Muffin Yogurt |
| MAIN ENTRÉE LUNCH | 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 |
| ALTERNATE LUNCH | Burrito | Grilled Chicken Sandwich | Baked Potato Bar | Mini Corn Dogs | Chicken Alfredo w/ Broccoli |
| VEGGIE CHOICE | 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 |
| FRUIT CHOICE | 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 |
| MILK CHOICE | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk | 1% White, Lactose Free Chocolate, or Strawberry Milk |

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 required by National School Breakfast Program regulations.



Online payments and
student account

management can be found at

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

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
Contact Leigh Anne Holman
with any questions

