



AMBRIDGE AREA HIGH SCHOOL

SEPTEMBER MENUS



Leigh Anne Holman CDM, CFPP
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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



DAILY LUNCH ITEMS

SALAD BAR

MTO DELI

GRAB & GO LUNCH

PIZZA

WEEK OF SEPTEMBER 1-5	MONDAY SEPTEMBER 1	TUESDAY SEPTEMBER 2	WEDNESDAY SEPTEMBER 3	THURSDAY SEPTEMBER 4	FRIDAY SEPTEMBER 5
BREAKFAST	NO SCHOOL	Pancake & Sausage on Stick	Donut Holes	Yogurt w/ Granola Bagel w/ Cream Cheese	Cereal (2oz) Cheese Stick
MAIN ENTRÉE LUNCH		Mandarin Orange Chicken w/ Egg noodles	Cheeseburger on WG Bun W/ Lettuce & Tomato	Buffalo Chicken Dip w/ WG Tortilla Chips	Gyro w/ Lettuce & Onion
ALTERNATE LUNCH		General Tso's Chicken w/ Egg Noodles	Chicken Wings	Hot Hoagies	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

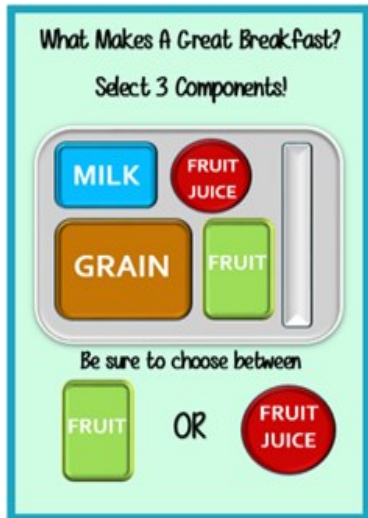
WEEK OF SEPTEMBER 8-12	MONDAY SEPTEMBER 8	TUESDAY SEPTEMBER 9	WEDNESDAY SEPTEMBER 10	THURSDAY SEPTEMBER 11	FRIDAY SEPTEMBER 12
BREAKFAST	Nutrigran Bar Cheese Stick	Snack N Waffle	Mini Cinni	Breakfast Burrito	Benefit Bar
MAIN ENTRÉE LUNCH	WG Pancakes w/ Sausage Hashbrown Rounds	Cheese or Pepperoni Pizza	Hot Turkey Sandwich Mashed Potatoes Gravy	BBQ Rib Patty on WG Bun	Cheese Ravioli WG Bread Stick
ALTERNATE LUNCH	Breakfast Sandwich on WG Croissant	Philly Cheese Steak on WG Roll	Pulled Pork Mac & Cheese	Mexican Pizza	Quesadilla
VEGGIE CHOICE	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
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



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
BREAKFAST	Breakfast Round	French Toast Sticks	Mini Donuts	Breakfast Pizza	Zee Zee Bar Yogurt
MAIN ENTRÉE LUNCH	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
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 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
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

WEEK OF SEPTEMBER 22-26	MONDAY SEPTEMBER 22	TUESDAY SEPTEMBER 23	WEDNESDAY SEPTEMBER 24	THURSDAY SEPTEMBER 25	FRIDAY SEPTEMBER 26
BREAKFAST	Hadley Farms Cinnamon Roll	Pancake & Sausage on Stick Hard Cooked Egg	Dunkin Sticks	Breakfast Scrambler	Cereal Cup(2oz) Cheese Stick
MAIN ENTRÉE LUNCH	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
ALTERNATE LUNCH	Popcorn Chicken Bowl	Teriyaki Chicken w/ Fried Rice	Pittsburgh Sandwich	Flatbread	Fish Sandwich w/ a side of Mac & Cheese
VEGGIE CHOICE	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
FRUIT CHOICE	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
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.

WEEK OF SEPTEMBER 29-30	MONDAY SEPTEMBER 29	TUESDAY SEPTEMBER 30	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Mini Loaf Hard Cooked Egg	(2) Starbucks Style Egg Bites			
MAIN ENTRÉE LUNCH	Chicken Nuggets	Hot Dog on WG Bun			
ALTERNATE LUNCH	BLT on WG Bread	Sloppy Joe/ or Pulled Pork Sandwich on WG Bun			
VEGGIE CHOICE	Potato Smiles Corn Baby Carrots Romaine Salad Sliced Cucumbers	Baked Beans Corn Baby Carrots Romaine Salad Sliced Cucumbers			
FRUIT CHOICE	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			

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



What Makes a Lunch?

Select 3-5 Components



One must be a



Online payments and
student account

management can be found at

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

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