



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 feature 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

GARDEN SALAD
DELI SANDWICH
GRAB & GO LUNCH
PIZZA (FRIDAY ONLY)

AMBRIDGE AREA MIDDLE 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	Pop Tart Cheese Stick
MAIN ENTRÉE LUNCH			Philly Cheese Steak Hoagie	Cheese or Pepperoni Pizza	Penne Pasta w/ Meat sauce WG Garlic Toast
ALTERNATE LUNCH			Chicken Patty on WG Bun	Chicken Patty on WG Bun	Chicken Patty on WG Bun
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			Frozen Fruit Swirl 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)	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	Pierogies w/ Butter Onion Sauce
ALTERNATE LUNCH	Cheeseburger on WG Bun	Cheeseburger on WG Bun	Cheeseburger on WG Bun	Cheeseburger on WG Bun	Cheeseburger on WG Bun
VEGGIE CHOICE	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
FRUIT CHOICE	Canned Peaches Apple Slices Clementines Seasonal Fruit	Canned Peaches Apple Slices Clementines Seasonal Fruit	Frozen Fruit Swirl 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



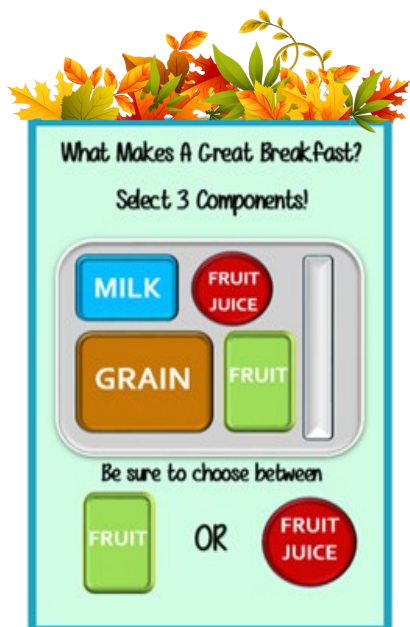


What is included for Breakfast?

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

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	Yogurt w/ Granola Bagel w/ Cream Cheese	Cereal Bar (2OZ) Cheese Stick
MAIN ENTRÉE LUNCH		Mandarin Orange Chicken w/ Egg Noodles	Cheeseburger on WG Bun W/ Lettuce & Tomato Crinkle Cut Fries	Boneless Chicken Wings	Gyro w/ Lettuce & Onion
ALTERNATE LUNCH		Grilled Cheese Sandwich	Grilled Cheese Sand- wich	Grilled Cheese Sand- wich	Grilled Cheese Sandwich
VEGGIE CHOICE		Stir Fry Veggies Baby Carrots Romaine Salad Celery Sticks	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	Nutrigran Bar 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	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
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	Frozen Fruit Swirl 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	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 WG Dinner Roll	Chicken Tenders WG Biscuit	Stuffed Mozz Sticks w/ Pizza Sauce
ALTERNATE LUNCH	Hot Dog on WG Bun	Hot Dog on WG Bun	Hot Dog on WG Bun	Hot Dog on WG Bun	Hot Dog on WG Bun
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	Frozen Fruit Swirl 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](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

