

# South Allegheny High School Lunch Menu

## May-June 2017



Food Service Director: Marygail Costello  
412-675-3052  
mcostello@southalleghehy.org

### Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Daily Vegetables may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Vegetable Salads
- Celery & Cucumber

\*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

### Milk

Milk Choices Offered Daily:  
Low Fat White, Fat Free White, Fat Free Vanilla,  
Fat Free Chocolate, Fat Free Strawberry

### The Pizzeria

Cheese Pizza and/or Specialty Pizza  
Served daily

### Proud to manage your food service program

Lunch Prices: Paid \$1.90 Reduced \$.40  
Adult Lunch \$3.50

### Options

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks/Syrup Sausage Patty Baked Tator Tots Fruit & Veggie Bar Milk Choice	2 Chicken Fajita Wrap Glazed Carrots Fruit & Veggie Bar Pudding Cup Milk Choice	3 Hot Hoagie Steamed Broccoli Fruit & Veggie Bar Milk Choice	4 Gladiator Bowl (Popcorn Chicken Mashed Potatoes, Corn Gravy) Dinner Roll Fruit & Veggie Bar Milk Choice	5 Toasted Ham & Cheese Tomato Soup Baked Beans Fruit & Veggie Bar Milk Choice
8 Sloppy Joe on a Bun Sweet Carrots Fruit & Veggie Bar Milk Choice	9 Pasta with Meat Sauce Dinner Roll Romaine Salad Fruit & Veggie Bar Milk Choice	10 Italian Dunkers with Marinara Sauce Steamed Broccoli Fruit & Veggie Bar Milk Choice	<b>GRILLED LUNCH</b> Cheeseburger or Hot Dog Sauerkraut Corn on the Cob Watermelon Slice Milk Choice	12 <b>NO SCHOOL FOR STUDENTS</b>  ACT 80 DAY
<b>Recipe of the Month</b> Chicken Fajita Wrap <b>Spanish Rice</b> Refried Beans Fruit & Veggie Bar Milk Choice	16 Cheese Steak Hoagie With Peppers & Onion Steamed Carrots Fruit & Veggie Bar Milk Choice	17 BBQ Rib Sandwich Romaine Salad Fruit & Veggie Bar Milk Choice Pudding Cup	18 Nacho's Grande (Nacho Chips, Taco Meat, Cheese Sauce, Salsa) Steamed Greens Beans Fruit & Veggie Bar Milk Choice	19 Breaded Fish Sandwich Oven Potato Fries Fruit & Veggie Bar Milk Choice
22 BBQ Pulled Pork on a Bun Steamed Carrots Fruit & Veggie Bar Milk Choice	23 French Toast Sticks Sausage Patty Baked Tator Tots Fruit & Veggie Bar Milk Choice	24 Mini Corn Dogs Baked Beans Fruit & Veggie Bar Milk Choice	25 Italian Dunkers with Marinara Sauce Steamed Broccoli Fruit & Veggie Bar Milk Choice	26 Beef Taco with Shredded Cheese, Tomato & Cheese Steamed Green Beans Fruit & Veggie Bar Milk Choice Pudding Cup
29 <b>MEMORIAL DAY</b>	30 BBQ Rib Hoagie Broccoli Florets Fruit & Veggie Bar Milk Choice	31 Gladiator Bowl (Popcorn Chicken Mashed Potatoes, Corn Gravy) Dinner Roll Fruit & Veggie Bar Milk Choice	<b>MONDAY JUNE 5</b>  <b>COOK'S CHOICE</b> Fruit & Veggie Bar Milk Choice	<b>JUNE 6</b>  <b>LAST DAY OF SCHOOL</b>  <b>NO LUNCHES SERVED</b>
Hamburger on a bun Cheeseburger on a bun Chicken Patty Sandwich Spicy Chicken Patty	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger on a bun Cheeseburger on a bun Chicken Patty Sandwich Spicy Chicken patty	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger on a bun Cheeseburger on a bun Chicken Patty Sandwich Spicy Chicken Patty

DAILY BAR
01-Baked Potato Bar
02-Deli Bar
03-Chicken Poppers
04-Breaded Chicken Strips
05-Deli Bar
08-Chicken Fajita
09-Deli Bar
10-Pho Bowl
15-Deli Bar
16-Popcorn Chicken
17-Steak Salad
18-Deli Bar
19-Baked Potato Bar
22-Chicken Poppers
23-Deli Bar
24-Breaded Chicken Nuggets
25- Pho Bowl
26-Deli Bar
30- Buffalo Chicken
31-Deli Bar
All meals are served with WG bread, fruit and milk choice.
In accordance with Federal law and U.S. Dept of Agriculture civil rights regulations and policies, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

MENUS SUBJECT TO CHANGE