

# AES Lunch Menu November 2023

Food Service Director: Tonya Conrad  
724.857.7500 ext 4149



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fruit Variety Offered Daily

May include:

Apple Slices	Oranges
Apples	Bananas
Applesauce	Peaches
Pears	Mixed Fruit
Craisins	Raisins

## Fresh Veggies Offered Daily

May Include:

Garden Side Salad	Broccoli Florets
Baby Carrots	Celery Sticks
Cauliflower	Garbanzo Beans

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

FF Chocolate, FF Strawberry,  
and Low Fat White

**Lunch Prices:**  
Free (CEP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hot Dog on a Bun Fries Fruit Choice Milk Choice	2 Chicken Alfredo Pasta Broccoli Fruit Choice Milk Choice	3 Pepperoni Pinwheel w/Pizza Sauce Carrots Fruit Choice Milk Choice
Weekly Alternate: Breaded Chicken Sandwich; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad				
6 Hunan Orange Dumplings w/Fried Rice Broccoli Fruit Choice Milk Choice	7 Pancakes & Sausage Tater Tots Fruit Choice Milk Choice	8 <b>Corn Dog Nuggets</b> <b>Baked Beans</b> <b>Fruit Choice</b> <b>Milk Choice</b>	9 Meatball Hoagie Carrots Fruit Choice Milk Choice	10 No School
Weekly Alternate: BBQ Rib Sandwich; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad				
13 Chicken Patty on a Bun Peas Fruit Choice Milk Choice	14 Ham & Cheese Pretzel Bun Carrots Fruit Choice Milk Choice	15 Pizza Pasta Bake Broccoli Fruit Choice Milk Choice	16 <b>Holiday Meal</b> Hand Carved Turkey w/Dinner Roll & Stuffing Mashed Potatoes w/Gravy Green Beans Fruit Choice Milk Choice Pumpkin Fluff	17 Salisbury Steak w/Gravy Fries Fruit Choice Milk Choice
Weekly Alternate: Cheeseburger; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad				
20 <b>Featured Fave</b> Beef Nachos w/ Queso Corn Fruit Choice Milk Choice	21 Dutch Waffle & Chicken Fries Fruit Choice Milk Choice	22 <b>Early Dismissal</b> Italian Dunkers w/Pizza Sauce Green Beans Fruit Choice Milk Choice	23 No School	24 No School
Weekly Alternate: Spicy Chicken Sandwich; Deli Sandwich; Peanut Butter & Jelly Sandwich or Chef's Salad				
27 No School	28 BBQ Rib Sandwich Baked Beans Fruit Choice Milk Choice	29 Buffalo Chicken Alfredo Broccoli Fruit Choice Milk Choice	30 Homemade Meatloaf Mashed Potatoes w/Gravy Fruit choice Milk Choice	
Weekly Alternate: Hot Dog on a Bun; Deli Sandwich; Peanut Butter & Jelly Sandwich or Chef's Salad				