

# AES Lunch Menu September 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<br>Meatball Hoagie<br>Carrots<br>Fruit Choice<br>Milk Choice                            |
| Weekly Alternate: Chicken Nuggets w/Sliced Bread; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad |  |  |   |   |
| 4<br>No School—Labor Day  | 5<br>Ham & Cheese on a Pretzel Bun<br>Carrots<br>Fruit Choice<br>Milk Choice           | 6<br>Pizza Pasta Bake w/Garlic Toast<br>Green Beans<br>Fruit Choice<br>Milk Choice | 7<br>Fish Sticks w/Garlic Toast<br>Broccoli<br>Fruit Choice<br>Milk Choice              | 8<br>Salisbury Steak w/Buttered Noodles<br>Mashed Potatoes<br>Fruit Choice<br>Milk Choice |
| Weekly Alternate: Cheeseburger on a Bun; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad          |  |  |   |   |
| 11<br>Sloppy Joe Sandwich<br>Carrots<br>Fruit Choice<br>Milk Choice   | 12<br>Italian Dunkers w/Sauce<br>Green Beans<br>Fruit Choice<br>Milk Choice            | 13<br>Dutch Waffle & Chicken Fries<br>Fruit Choice<br>Milk Choice                  | 14<br>Beef Nachos w/Cheese Sauce<br>Corn<br>Fruit Choice<br>Milk Choice                 | 15<br>Chicken Fries Rice<br>Broccoli<br>Fruit Choice<br>Milk Choice                       |
| Weekly Alternate: Spicy Chicken Sandwich; Deli Sandwich, Peanut Butter & Jelly Sandwich or Chef's Salad         |  |  |   |   |
| 18<br>Homemade Meatloaf w/Breadstick<br>Mashed Potatoes w/Gravy<br>Fruit Choice<br>Milk Choice                  | 19<br>Chicken Nuggets w/Buttered Noodles<br>Green Benas<br>Fruit Choice<br>Milk Choice | 20<br>BBQ Rib Sandwich<br>BBQ Baked Beans<br>Fruit Choice<br>Milk Choice           | 21<br>Buffalo Chicken Alfredo w/Garlic Toast<br>Broccoli<br>Fruit Choice<br>Milk Choice | 22<br>Pepperoni Pizza<br>Carrots<br>Fruit Choice<br>Milk Choice                           |
| Weekly Alternate: Hot Dog on a Bun; Deli Sandwich; Peanut Butter & Jelly Sandwich or Chef's Salad               |  |  |   |   |
| 25<br>Buffalo Chicken Dipper<br>Green Beans<br>Fruit Choice<br>Milk Choice                                      | 26<br>Teriyaki Chicken w/Rice<br>Carrots<br>Fruit Choice<br>Milk Choice                | 27<br>Chicken Totchos<br>Tater Tots<br>Fruit Choice<br>Milk Choice                 | 28<br>Cheeseburger Pinwheel<br>Broccoli<br>Fruit Choice<br>Milk Choice                  | 29<br>Egg, Sausage & Cheese Bagel<br>Fries<br>Fruit Choice<br>Milk Choice                 |
| Weekly Alternate: Breaded Chicken Sandwich; Deli Sandwich; Peanut Butter & Jelly Sandwich or Chef's Salad       |  |  |   |   |