

# AJSHS 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
Salad Varieties	

**MENUS SUBJECT TO CHANGE**



### Milk Choices Offered Daily

FF Chocolate, FF Strawberry,  
and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pancakes & Sausage Hashbrown Rounds Fries Fruit Choice Milk Choice	2 Meatball Hoagie Green Beans Fries Fruit Choice Milk Choice	3 Boneless wings Carrots Fries Fruit Choice Milk Choice
6 Buffalo Chicken Pinwheel Corn Fries Fruit Choice Milk Choice	7 Korean BBQ Meatball Bowl Green Beans Fries Fruit Choice Milk Choice	8 Pizza Pasta Bake Carrots Fries Fruit Choice Milk Choice	9 Salisbury Steak Mashed Potatoes w/Gravy Fries Fruit Choice Milk Choice	10 No School
13 Italian Dunkers w/Pizza Sauce Green Beans Fries Fruit Choice Milk Choice	14 <b>Holiday Meal</b> Oven Roasted Turkey w/Dinner Roll & Stuffing Mashed Potatoes w/Gravy Sweet Potatoes Greens Fruit Choice Milk Choice Pumpkin Fluff	15 <b>Wellness Wednesday</b> Beef Nachos w/ Queso Refried Beans <b>Black Bean &amp; Corn Salad</b> Fries Fruit Choice Milk Choice	16 Dutch Waffle & Chicken Tater Tots Fries Fruit Choice Milk Choice	17 Chicken Bacon Ranch Panini Broccoli Fries Fruit Choice Milk Choice
20 Asian Bar Oriental Veggies Fries Fruit Choice Milk Choice	21 Buffalo Chicken Alfredo Broccoli Fries Fruit choice Milk Choice	22 <b>Early Dismissal</b> Egg, Ham & Cheese Bagel Fries Fruit Choice Milk Choice	23 No School	24 No School
27 No School	28 Teriyaki Chicken w/Rice Carrots Fries Fruit Choice Milk Choice	29 Chicken Tochos Broccoli Fries Fruit choice Milk Choice	30 Cheeseburger Pinwheel Green Beans Fries Fruit Choice Milk Choice	

### Daily Entrees Available May Include

Cheese or Pepperoni Pizza , Breaded Chicken Sandwich, Cheeseburger, Garden Salad w/Egg & Cheese, Breaded Chicken Salad, Turkey & Cheese Hoagie, Ham & Cheese Hoagie, Chicken wrap, Italian Hoagie or Wrap and Peanut Butter & Jelly