

Allegheny High School February, 2017 Breakfast and Lunch Menus

Students may choose up to 2 vegetables and 2 fruits with their meal

Premade Salads are offered daily as an entrée item, Lettuce and tomato will be offered when sandwiches are menued. A choice of canned and fresh fruit will be offered daily(choose one or two). Whole grains are offered daily with lunch and breakfast. Baked potatoes are offered daily as AL A Carte only.

Milk is offered daily with breakfast and lunch 1% white and fat free chocolate

Menus are subject to change or be altered due to Emergency School Closings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan.30 Breakfast Cereal and or Toast Mini Bagels Breakfast Pizza Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Italian Turkey Wrap Pizza Choice Chicken Patty/WGR Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Potato Wedges Baked Beans Fruit Choice	Jan.31 Breakfast Cereal and or Toast Mini Bagels Breakfast Chicken Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Spaghetti/Meat Sauce WW/Breadsticks Pepperoni Pizza Chicken Patty/WGR Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Lettuce/Tomato/Cuke Salad Green Beans, Fruit Choice	Feb.1 Breakfast Cereal and or Toast Mini Bagels French Toast Sticks Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Popcorn Chicken/WG Roll Pizza Choice Chicken Patty/WG Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Baked Potato Seasoned Broccoli Navy Beans, Fruit Choice	Feb.2 Breakfast Cereal and or Toast Mini Bagels Crispy Steak Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Pig in a Blanket Pizza Choice Chicken Patty/WGR Bun Pork Barbecue/WG Bun <u>Vegetable Choices Choose One or Two</u> Sweet Potato Fries, Seasoned Peas Cole Slaw, Celery Sticks/low fat dip Fruit Choice	Feb.3 Breakfast Cereal and or Toast Mini Bagels Sausage Gravy Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Chicken Nuggets/WG Roll Ham & Cheese WG Bun Chicken Patty/WGR Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Whole White Potatoes Seasoned Green Beans Baby Carrots/low fat dip, Fruit Choice
Feb.6 Breakfast Cereal and or Toast Mini Bagels Breakfast Pizza Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Pizza Choice Chicken Patty/WG Bun Italian Turkey Wrap Cheeseburger/WG Bun <u>Vegetable Choices Choose One or Two</u> Scalloped Potatoes Seasoned Corn Fruit Choice	Feb.7 Breakfast Cereal and or Toast Mini Bagels Sausage Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Vegetable Beef Soup/Grilled Cheese Sandwich Pizza Choice Chicken Patty/WGR Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Seasoned Potato Wedges Celery Sticks/low fat dip Pinto Beans Fruit Choice	Feb.8 Breakfast Cereal and or Toast Mini Bagels Mini Pancakes Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Ravioli/WG Sub Bun Pizza Choice Chicken Patty/WG Bun BBQ Rib WG Sub Bun <u>Vegetable Choices Choose One or Two</u> Romain Lettuce/Tomato/Cuke Salad Seasoned Green Beans Fruit Choice	Feb.9 Breakfast Cereal and or Toast Mini Bagels Crispy Steak Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Hamburger Steak/Gravy/WG Roll Pizza Choice Chicken Patty/WGR Bun Hot Dog W/G Bun/Chili <u>Vegetable Choices Choose One or Two</u> Creamed Potatoes/Gravy Steamed Broccoli Baby Carrots/Low fat dip Fruit Choice	Feb.10 Superintendent's Menu Breakfast Cereal and or Toast Mini Bagels Sausage Gravy Biscuit Juice and or Fruit Lunch Breakfast for Lunch <u>Entrée Choices Choose One</u> Scrambled Eggs/Ham/French Toast Sticks Pizza Choice Pork Barbecue /WG Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> French Fries, Seasoned Green Peas Cole Slaw, Fruit Choice
Feb.13 Breakfast Cereal and or Toast Mini Bagels Sausage Biscuit Juice and or Fruit Lunch Meatball Sub Chicken Patty/WG Bun Pizza Choice Ham & Cheese /WG Bun <u>Vegetable Choices Choose One or Two</u> Sweet Potato Fries Lima Beans Sliced Cucumbers/low fat dip Fruit Choice	Feb.14 Breakfast Cereal and or Toast Mini Bagels Scrambled Eggs/Bacon/WG Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Chicken Tenders/WG Roll Fish Fillet/WG Bun Pizza Choice Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Whole White Potatoes,Pinto Beans Steamed Broccoli, Pinto Beans Cole Slaw, Fruit Choice	Feb.15 Breakfast Cereal and or Toast Mini Bagels French Toast Sticks Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Salisbury Steak/Gravy/WG Roll Pizza Choice Chicken Patty/WGR Bun Mini Corn Dogs <u>Vegetable Choices Choose One or Two</u> Creamed Potatoes, Seasoned Corn Seasoned Spinach Fruit Choice	Feb.16 Breakfast Cereal and or Toast Mini Bagels Breakfast Chicken Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Fish Treasures/WW Breadsticks Pork Barbecue/WG Bun Pizza Choice Cheeseburger/WG Bun <u>Vegetable Choices Choose One or Two</u> Spicy Potato Wdges Mixed Vegetables Cole Slaw, Fruit Choice	Feb.17 Breakfast Cereal and or Toast Mini Bagels Mini Pancakes Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Chicken Nuggets/WG Roll Pizza Choice Cheeseburger/WGR Bun Hot Dog/WG Bun/Chili <u>Vegetable Choices Choose One or Two</u> Creamed Potatoes/Gravy/WG Roll Seasoned Green Beans Baby Carrots/low fat dip, Fruit Choice
Feb.20 Breakfast Cereal and or Toast Mini Bagels Bacon/Egg/Cheese on Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Pizza Choice Mini Corn Dogs Chicken Patty/WG Bun Cheeseburger/WG Bun <u>Vegetable Choices Choose One or Two</u> French Fries Baked Beans Fruit Choice	Feb.21 Breakfast Cereal and or Toast Mini Bagels Breakfast Chicken Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Chicken/Cheese Wrap Pizza Choice Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Sweet Potato Fries Seasoned Green Beans Fruit Choice	Feb.22 Breakfast Cereal and or Toast Mini Bagels Breakfast Pizza Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Beef Taco/WG Brown Rice Pizza Choice Spicy Chicken Patty/WG Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Seasoned Corn Navy Beans, Fruit Choice Romain Lettuce/Tomato Mix	Feb.23 Breakfast Cereal and or Toast Mini Bagels Scrambled Eggs/Bacon/WG Biscuit Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Chicken Tenders/WG Roll Pepperoni Pizza Chicken Patty/WGR Bun Grilled Cheese Sandwich <u>Vegetable Choices Choose One or Two</u> Scalloped Potatoes Seasoned Broccoli Celery Sticks/low fat dip/Fruit Choice	Feb.24 Breakfast Cereal and or Toast Mini Bagels French Toast Sticks Juice and or Fruit Lunch <u>Entrée Choices Choose One</u> Meatballs/WG Roll Hot Dog/WG Bun/Chili Chicken Patty/WGR Bun Cheeseburger/WGR Bun <u>Vegetable Choices Choose One or Two</u> Creamed Potatoes/Gravy/WG Roll Seasoned Lima Beans Baby Carrots/low fat dip, Fruit Choice

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Allegheny County Elementary And Middle February,2017 Breakfast and Lunch Menus

Milk is offered daily with breakfast and lunch 1% white and fat free chocolate

Students May Choose up to 2 Vegetables and 1 Fruit with their meal
 Premade Salads are offered daily as a entrée item, Lettuce and tomato will be offered when sandwiches are menued. A choice of canned and fresh fruit will be offered daily. Whole grains are offered daily with lunch and breakfast. Baked potatoes are offered daily as AL A Carte only. Pizza will be offered as an Entree item daily for the Middle School only

Menus are subject to change or be altered due to Emergency School Closings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan.30 Breakfast Cereal and or Toast Mini Bagel Breakfast Pizza Juice and or Fruit Lunch Entrée Choices Choose One Italian Turkey Wrap OR Chicken Patty/WG Bun Vegetable Choices Potato Wedges Baked Beans Fruit Choice	Jan.31 Breakfast Cereal and or Toast Mini Bagel Breakfast Chicken Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Spaghetti/Meat Sauce WW/Breadsticks OR Mini Corn Dogs Vegetable Choices Lettuce/Tomato/Cuke Salad Seasoned Green Beans Fruit Choice	Feb.1 Breakfast Cereal and or Toast Mini Bagel French Toast Sticks Juice and or Fruit Lunch Entrée Choices Choose One PopCorn Chicken/WG Roll OR Cheeseburger/WGR Bun Vegetable Choices Baked Potato Seasoned Broccoli Florets Navy Beans Fruit Choice	Feb.2 Breakfast Cereal and or Toast Mini Bagel Crispy Steak Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Pig in a Blanket OR Pork Barbecue on Bun Vegetable Choices Seasoned Peas Sweet Potato Fries Celery Sticks/low fat dip Cole Slaw, Fruit Choice	Feb.3 Breakfast Cereal and or Toast Mini Bagel Sausage Gravy Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Chicken Nuggets/WG Roll OR Ham & Cheese/WG Bun Vegetable Choices Whole White Potatoes Seasoned Green Beans Baby Carrots/low fat dip Fruit Choice
Feb.6 Breakfast Cereal and or Toast Mini Bagel Breakfast Pizza Juice and or Fruit Lunch Entrée Choices Choose One Pizza Choice OR Jumbo Corn Dog Vegetable Choices Scalloped Potatoes Seasoned Corn Fruit Choice	Feb.7 Breakfast Cereal and or Toast Mini Bagel Sausage Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Vegetable Beef soup/Grilled cheese sandwich OR Cheeseburger/WG Bun Vegetable Choices Seasoned Potato Wedges Celery Sticks/low fat dip Pinto Beans Fruit Choice	Feb.8 Breakfast Cereal and or Toast Mini Bagel Mini Pancakes Juice and or Fruit Lunch Entrée Choices Choose One Ravioli/WG Roll OR BBQ Rib on WG Sub Bun Vegetable Choices Lettuce/Tomato/Cuke Salad Seasoned Green Beans Fruit Choice	Feb.9 Breakfast Cereal and or Toast Mini Bagel Crispy Steak Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Hamburger Steak/Gravy/WG Roll OR Hot Dog/WGR Bun/Chili Vegetable Choices Creamed Potatoes/Gravy Steamed Broccoli Baby Carrots,low fat dip Fruit Choice	Feb.10 Superintendent's Menu Breakfast Cereal and or Toast Mini Bagel Sausage Gravy Biscuit Juice and or Fruit Lunch Breakfast For Lunch Entrée Choices Choose One Scrambled Eggs/Ham/French Toast Sticks OR Pork Barbecue/WG Bun Vegetable Choices French Fries Cole Slaw Seasoned Green Peas, Fruit Choice
Feb.13 Breakfast Cereal and or Toast Mini Bagel W/G Biscuit/W Sausage Juice and or Fruit Lunch Entrée Choices Choose One Meatball Sub OR Ham & Cheese WG Bun Vegetable Choices Sweet Potato Fries Seasoned Lima Beans,Fruit Choice Sliced Cucumbers/low fat dip	Feb.14 Breakfast Cereal and or Toast Mini Bagel Scrambled Eggs/Bacon/Biscuit Juice and or Fruit Lunch Entrees Choose One Chicken Tenders/WG Roll OR Fish Fillet on Bun Vegetable Choices Whole White Potatoes Steamed Broccoli Pinto Beans, Cole Slaw,Fruit Choice	Feb.15 Breakfast Cereal and or Toast Mini Bagel French Toast Sticks Juice and or Fruit Lunch Entrée Choices Choose One Salisbury Steak/Gravy/WG Roll OR Chicken Patty/WG Bun Vegetable Choices Creamed Potatoes/Gravy Seasoned Corn Seasoned Spinach,Fruit Choice	Feb.16 Breakfast Cereal and or Toast Mini Bagel Breakfast Chicken Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Fish Treasures/WW Breadsticks OR Cheeseburger/WGR Bun Vegetable Choices Spicy Potato Wedges Mixed Vegetables, Cole S,aw Fruit Choice	Feb.17 Breakfast Cereal and or Toast Mini Bagel Mini Pancakes Juice and or Fruit Lunch Entrees Choice Choose One Chicken Nuggets/WG Roll OR Hot Dog/WG Bun/Chili Vegetable Choices Creamed Potatoes/Gravy Seasoned Green Beans Baby Carrots/low fat dip, Fruit Choice
Feb.20 Breakfast Cereal and or Toast Mini Bagel Bacon/Egg/Cheese Biscuit Juice and or Fruit Lunch Entrée Choices Choose One Pizza Choice OR Mini Corn Dogs Vegetable Choices French Fries Baked Beans Fruit Choice	Feb.21 Breakfast Cereal and or Toast Mini Bagel Breakfast Chicken Biscuit Juice and or Fruit Lunch Entrée Choice Choose one Chicken /Cheese Wrap OR Cheeseburger/WG Bun Vegetable Choices Sweet Potato Fries Seasoned Green Beans Fruit Choice	Feb.22 Breakfast Cereal and or Toast Mini Bagel Breakfast Pizza Juice and or Fruit Lunch Entrée Choice Choose one Beef Taco/WG Brown Rice OR Chicken Patty/WG Bun Vegetable Choices Seasoned Corn Navy Beans Romain Lettuce/Tomato Mix Fruit Choice	Feb.23 Breakfast Cereal and or Toast Mini Bagel Scrambled Eggs/Bacon/Biscuit Juice and or Fruit Lunch Entrée Choice Choose one Chicken Tenders/WG Roll OR Grilled Cheese Sandwich Vegetable Choices Scalloped Potatoes Steamed Broccoli Celery Sticks/low fat dip Fruit Choice	Feb.24 Breakfast Cereal and or Toast Mini Bagel French Toast Sticks Juice and or Fruit Lunch Entrée Choice Choose one Meatballs/WG Roll OR Hot Dog/WG Bun/Chili Vegetable Choices Creamed Potatoes Seasoned Lima Beans Baby Carrots/low fat dip Fruit Choice

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