



Student Lunch \$2.95
 Adult Lunch \$4.05
 Milk \$.75

OCTOBER 2022

FOX CHAPEL AREA SCHOOL DISTRICT

HS & DMS LUNCH MENU

Please make checks payable to:
 FCASD Cafeteria Fund.
 Money may also be deposited onto your child's
 account at www.schoolcafe.com
 USDA is an equal opportunity provider and employer

Monday

Mashed Potato Bowl **3**
 with a Roll
 Steamed Corn/Cauliflower Florets
 Choice of Fruit / 100% Juice
 Choice of Milk

Pasta with Meat or Marinara **10**
 Sauce and a Garlic Breadstick
 Green Beans / Green Peppers
 Choice of Fruit / 100% Juice
 Choice of Milk

Pierogies in butter with **17**
 or without Onions
 Peas / Cauliflower Florets
 Choice of Fruit / 100% Juice
 Choice of Milk

Meatballs with Mozzarella **24**
 Cheese and Garlic Breadsticks
 Green Beans / Green Peppers
 Choice of Fruit / 100% Juice
 Choice of Milk

Cheese Stuffed Cannelloni with **31**
 Sauce and a Garlic Breadstick
 Steamed Peas/Cauliflower Florets
 EEEK Orange frozen fruit cup
 Choice of Milk
TREAT: PUDDING

Tuesday

Pizza Burger on **4**
 a Kaiser Bun
 Baked Beans / French Fries
 Choice of Fruit / 100% Juice
 Choice of Milk

Nachos Grande **11**
 Steamed Corn / Broccoli Florets
 Choice of Fruit / 100% Juice
 Choice of Milk

BBQ Pulled Pork **18**
 on a Kaiser Bun
 Baked Beans /Fries /Coleslaw
 Choice of Fruit / 100% Juice
 Choice of Milk

Walking Taco **25**
 Steamed Corn / Broccoli Florets
 Choice of Fruit / 100% Juice
 Choice of Milk

Wednesday

NO SCHOOL **5**
FALL BREAK


EARLY DISMISSAL **12**
NO LUNCH


Chicken Tenders with a Roll **19**
 Mashed Potatoes & Gravy /
 Red Peppers
 Choice of Fruit / 100% Juice
 Choice of Milk

Chicken Nuggets **26**
 with a Soft Pretzel Rod
 Mashed Potatoes & Gravy/Celery
 Choice of Fruit / 100% Juice
 Choice of Milk

Thursday

Mini Pancakes with **6**
 with Sausage
 Hash Browns / Cucumber Slices
 Choice of Fruit / 100% Juice
 Choice of Milk

General Tso's **13**
 with Fried Rice
 Steamed Broccoli / Red Peppers
 Choice of Fruit / 100% Juice
 Choice of Milk

French Toast Sticks **20**
 with Sausage
 Hash Browns / Cucumber Slices
 Choice of Fruit / 100% Juice
 Choice of Milk

Cherry Blossom Chicken **27**
 with Fried Rice
 Steamed Broccoli/Red Peppers
 Choice of Fruit / 100% Juice
 Choice of Milk

Friday

Toasted Cheese Sandwich **7**
 Tomato Soup / Baby Carrots
 Choice of Fruit / 100% Juice
 Choice of Milk

Cheese Pizza Sticks **14**
 with Pizza Sauce
 Carrot Coins / Tossed Salad
 Choice of Fruit / 100% Juice
 Choice of Milk

Macaroni & Cheese **21**
 with Cornbread
 Steamed Peas / Baby Carrots
 Choice of Fruit / 100% Juice
 Choice of Milk

EARLY DISMISSAL **28**
NO LUNCH


Daily Options:
 PB & Jelly with String Cheese
 Assorted Pre-made Salads
 HS Only: MTO Deli

Daily Hot Sandwiches:
 Chicken Patty
 Spicy Chicken Patty
 Cheeseburger or Hamburger
 Grilled Chicken Sandwich

Pizza Station:
Daily: Cheese & Pepperoni Pizza
Monday: Meat Lover's Tuesday: Flatbread
Wednesday: Chef's Choice
Thursday: Buffalo Chicken Friday: White/Veggie

Food Services Manager
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