



Lunch \$2.55
 Reduced \$.40
 Adult \$3.95
 Milk \$.75

SEPTEMBER 2019 FOX CHAPEL AREA SCHOOL DISTRICT ELEMENTARY 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

**NO SCHOOL
 LABOR DAY**



2

Tuesday

Celebration Mini Pancakes with Sausage
 Hot Ham & Cheese on a Pretzel Bun
Featured Veggies:
 Hash Brown Triangles
 Red Pepper Strips
 Warm Cinnamon Apples
 Choice of Milk

3

Wednesday

Chicken Mashed Potato Bowl with a Roll
 Hot Dog on a Bun
Featured Veggies:
 Mashed Potatoes & Gravy
 Steamed Corn
 Choice of Fruit
 Choice of Milk

4

Thursday

Pasta with Meat Sauce or Marinara Sauce & a Garlic Breadstick
 Turkey & Cheese Hoagie
Featured Veggies:
 Steamed Broccoli
 Baked Beans
 Choice of Fruit
 Choice of Milk

5

Friday

Stuffed Crust Pizza
 Meatball Hoagie
Featured Veggies:
 Glazed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

6

Cheese Pizza Sticks with Pizza Sauce
 Cheeseburger on a Bun
Featured Veggies:
 Green Beans
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

9

Corn Dog on a Stick
 Toasted Cheese Sandwich
Featured Veggies:
 Baked Beans
 Tomato Soup
 Choice of Fruit
 Choice of Milk

10

Football Shaped Chicken Nuggets
 Beef Soft Taco
Featured Veggies:
 Mashed Potatoes & Gravy
 Broccoli Florets
Frozen Sports Juice Cup
TREAT: FOOTBALL COOKIE
 Choice of Milk

11

Walking Taco (Chips, Taco Meat, Chs, Lettuce, & Toppings)
 Steak & Cheese Hoagie
Featured Veggies:
 Steamed Corn
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

12

Square Cheese Pizza
 Square Pepperoni Pizza
Featured Veggies:
 Glazed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

13

Mini Cheese Pierogies
 Chicken Patty on a Bun
Featured Veggies:
 Mixed Veggies
 Baked Beans
 Choice of Fruit
 Choice of Milk

16

French Toast Sticks with Sausage
 Breakfast on a Stick
Featured Veggies:
 Hash Browns
 Red Pepper Strips
 Warm Cinnamon Apples
 Choice of Milk

17

Popcorn Chicken with a Soft Pretzel Rod
 Hot Italian Hoagie
Featured Veggies:
 Mashed Potatoes & Gravy
 Cauliflower Florets
 Choice of Fruit
 Choice of Milk

18

Cheese Lasagna with Sauce & a Garlic Breadstick
 Popcorn Shrimp with a Soft Pretzel Rod
Featured Veggies:
 Steamed Broccoli
 Coleslaw
 Choice of Fruit
 Choice of Milk

19

Individual Cheese Pizza
 Individual Pepperoni Pizza
Featured Veggies:
 Glazed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

20

Macaroni & Cheese
 Cheeseburger on a Bun
Featured Veggies:
 Steamed Peas
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

23

Mini Corn Dogs
 Toasted Cheese Sandwich
Featured Veggies:
 Baked Beans
 Tomato Soup
TREAT: CHOC OR VANILLA PUDDING
 Choice of Fruit
 Choice of Milk

24

Chicken Tenders with a Soft Pretzel Rod
 Pepperoni & Cheese Hoagie
Featured Veggies:
 Mashed Potatoes & Gravy
 Broccoli Florets
 Choice of Fruit
 Choice of Milk

25

Nachos Grande
 Fish Sticks with a Soft Pretzel Rod
Featured Veggies:
 Steamed Corn
 Coleslaw
 Choice of Fruit
 Choice of Milk

26

Big Daddy Cheese Pizza
 Big Daddy Pepperoni Pizza
Featured Veggies:
 Glazed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

27

**NO SCHOOL
 FALL BREAK**

30



Daily Entrée Options:
 3) PB & Jelly Sandwich with String Cheese
 4) Chef's Salad with Croutons and a Roll
 5) Chicken Nuggets with a Roll

Fruit Choices May Include:
 Apples, Oranges, Bananas, Pears, Red & Green Grapes, Blueberries, Pineapples, Applesauce, Mixed Fruit, Strawberries, Honeydew, Cantaloupe, Watermelon, Mandarin Oranges, Peaches, Raisins, or 100% Fruit Juice

Food Services Manager
Julie Geary
 412-967-2502
Julie_Geary@fcasd.edu

