



Lunch \$2.85
 Reduced \$.40
 Adult \$3.95
 Milk \$.75

SEPTEMBER 2019 FOX CHAPEL AREA SCHOOL DISTRICT HS AND 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

NO SCHOOL 2

LABOR DAY

Tuesday

Chicken Tenders with a Soft Pretzel Rod
 BBQ Rib on a Bun
Featured Veggies:
 Mashed Potatoes & Gravy
 Broccoli Florets
 Choice of Fruit
 Choice of Milk

Wednesday

Pasta with Meat or Marinara Sauce & a Garlic Breadstick
 Hot Italian Hoagie
Featured Veggies:
 Green Beans
 Baked Beans
 Choice of Fruit
 Choice of Milk

Thursday

Celebration Mini Pancakes with Sausage
 Mini Corn Dogs
Featured Veggies:
 Hash Brown Triangles
 Red Pepper Strips
 Warm Cinnamon Apples
 Choice of Milk

Friday

Buffalo Chicken Roll or Pepperoni Roll
 Turkey, Ham, Bacon & Chs on Croissant
Featured Veggies:
 Glazed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

Walking Taco (Chips, Taco Meat, Chs, Lettuce, Salsa, Tomatoes, Sour Cream, & Taco Sauce)
 Buffalo Chicken & Cheese Hoagie
Featured Veggies:
 Steamed Corn
 Cucumber Slices
 Choice of Fruit and Milk

Buffalo or BBQ Chicken Wings with Rolls
 Bacon Cheeseburger on a Bun
Featured Veggies:
 Curly Fries
 Cauliflower Florets
 Choice of Fruit
 Choice of Milk

Chicken Alfredo over Penne with a Garlic Breadstick
 Steak & Cheese Flatbread
Featured Veggies:
 Steamed Broccoli
 Baked Beans
 Choice of Fruit
 Choice of Milk

Cheese Pieroies with or without Onions
 Toasted Cheese Sandwich
Featured Veggies:
 Steamed Peas
 Tomato Soup
 Choice of Fruit
 Choice of Milk

GO FOXES!

Football Shaped Chicken Nuggets with a Roll
 Pepperoni & Cheese Hoagie
 Emoji Fries
Frozen Sports Juice cup
TREAT: FOOTBALL COOKIE
 Choice of Milk

Build a Burger Bar (Burgers, choice of Chs, Bacon, Onions & Peppers, Mushrooms, Lettuce, & Tomato)
 Chicken & Cheese Quesadilla
Featured Veggies:
 Onion Rings
 Celery Sticks
 Choice of Fruit and Milk

Chicken Sticks with a Soft Pretzel Rod
 Meatball Hoagie
Featured Veggies:
 Mashed Potatoes & Gravy
 Brussel Sprouts
 Choice of Fruit
 Choice of Milk

Baked Ziti with a Garlic Breadstick
 Turkey, Bacon and Chs Bagel Sandwich
Featured Veggies:
 Green Beans
 Baked Beans
 Choice of Fruit
 Choice of Milk

Cherry Blossom Chicken with Brown or Fried Rice
 Corn Dog on a Stick
Featured Veggies:
 Steamed Broccoli
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

Macaroni & Cheese with Cornbread
 Popcorn Shrimp with a Soft Pretzel Rod
Featured Veggies:
 Steamed Peas
 Coleslaw
 Choice of Fruit
 Choice of Milk

Nacho Grande Bar (Chips, Taco meat/pulled pork/Chix, Black Beans, Nacho Chs, Peppers, Onions, Salsa, Sour Cream, Lettuce, Tomato, Taco Sauce)
 BBQ Pulled Pork on a Pretzel Bun
Featured Veggies:
 Steamed Corn
 Cucumber Slices
 Choice of Fruit and Milk

Plain or Buffalo Popcorn Chicken with a Roll
 Steak & Cheese Hoagie
Featured Veggies:
 Mashed Potatoes & Gravy
 Brussel Sprouts
 Choice of Fruit
 Choice of Milk

Cheese Ravioli with a Garlic Breadstick
 Hot Dog on a Bun
Featured Veggies:
 Steamed Broccoli
 Baked Beans
 Choice of Fruit
 Choice of Milk

French Toast Sticks with Sausage
 Buffalo Chicken & Chs Flatbread Sand
Featured Veggies:
 Hash Browns
 Red Pepper Strips
 Warm Cinnamon Apples
 Choice of Milk

Cheese Pizza Sticks with Pizza Sauce
 Fish Sandwich
Featured Veggies:
 Glazed Carrots
 Coleslaw
 Choice of Fruit
 Choice of Milk

NO SCHOOL 30

FALL BREAK

What is a Lunch?
 Students may choose at least 3 of the 5 components available for the school lunch price of \$2.55. One of the components must be a fruit/juice or vegetable.
 1) Meat/Meat Alternate 2) Grain/Bread 3) Fruit/Juice 4) Vegetable 5) Milk



Daily Options:
 PB & Jelly with String Cheese, Assorted Salads, Assorted Wraps and Hoagies
 HS Only: Salad Bar and MTO Deli

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

Pizza Station:
Daily: Cheese & Pepperoni Pizza, Square Pizza
Monday: Buffalo Chicken
Tuesday & Thursday: Assorted Flatbread Pizza
Wednesday: Meat Lover's
Friday: White Pizza

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