




East Allegheny School District Lunch Menu

September 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/01  School Holiday Labor Day No Students	9/02  <div style="background-color: yellow; border: 2px solid black; padding: 5px; text-align: center;"> NO School In-Service </div>	9/03 	9/04 Chicken Patty Sandwich OR Cheeseburger on a bun 1/2 C. Corn 1/4 C. Cinnamon Applesauce 1/2 Pt. 1% Milk	9/05 Slice of Pizza OR Chicken Nuggets w/ slice of bread 1/2 C. Peas 1/4 C. Mandarin Oranges 1/2 Pt. 1% Milk
9/08 Popcorn Chicken w/ slice of bread OR Hot Dog on a bun 1/2 C. Baked Fries 1/4 C. Mixed Fruit 1/2 Pt. 1% Milk	9/09 Chicken Strips w/ slice of bread OR Meatballs Hoagie w/cheese 1/2 C. Tossed Salad 1 TBSP. Low Cal Dressing 1/4 C. Peaches 1/2 Pt. 1% Milk	9/10 BBQ Pork Sandwich OR Grilled Cheese w/ 1/2 c. Tomato soup 1/2 C. Green Beans 1/4 C. Pears 1/2 Pt 1% Milk	9/11 Jumbo Taco w/ meat, cheese OR Grilled Chicken Patty Sandwich 1/2 C. Peas 1/4 C. Apple slices 1/2 Pt. 1% Milk	9/12 Slice of Pizza OR *Spicy Chicken Wrap 1/2 C. Corn 1/4 C. Pineapple Bits 1/2 Pt. 1% Milk (* tortilla wrap served w/ lettuce, cheese, and ranch dressing)
9/15 Cold Hoagie Sandwich OR Chicken Patty Sandwich 1/2 C. Carrots 1/4 C. Applesauce 1/2 Pt. 1% Milk	9/16 Italian Dunkers w/dipping sauce OR Sweet n' Sour Chicken w/1/2 c. rice 1/2 C. Peas 1/4 C. Mandarin Oranges 1/2 Pt. 1% Milk	9/17 ***Pizza burger on a bun OR BBQ Rib Sandwich 1/2 C. Lettuce and Tomato Cup 1.4 C. Pears 1/2 Pt. 1% Milk *** Hamburger w/ mozzarella cheese and pizza sauce on a bun	9/18 Nachos w/ meat, cheese and a slice of bread OR Turkey and Cheese on a bun 1/2 C. Tator Tots 1/4 C. Peaches 1/2 Pt. 1% Milk	9/19 Slice of Pizza Chicken Strips w/ slice of bread 1/2 C. Corn 1/4 C. Fresh Apple 1/2 Pt. 1% Milk
9/22 Cheeseburger on a bun OR Grilled Ham and Cheese Sandwich 1/2 C. Green Beans 1/4 C. Apple slices 1/2 Pt. 1% Milk	9/23 Meatball Hoagie w/ cheese OR ***Turkey, bacon and cheese Wrap 1/2 C. Corn 1/4 C. Peaches 1/2 Pt. 1% Milk ***(Turkey, bacon and American Cheese wrapped in a tortilla)	9/24 Steak and Cheese Hoagie OR Hot Dog on a bun 1/2 C. Carrots 1/4 C. Applesauce 1/2 Pt. 1% Milk	9/25 Jumbo taco w/ meat, cheese OR Chicken Strips w/ slice of bread 1/2 C. Baked Fries 1/4 C. Mixed Fruit 1/2 Pt. 1% Milk	9/26 Slice of Pizza OR Grilled Chicken Patty Sandwich 1/2 C. Peas 1/4 C. Pineapple 1/2 PT. 1% Milk <div style="text-align: center;"> Act 80 Day No School K-8th </div>
9/29 Ham and Cheese Sandwich on a bun OR Italian Dunkers w/ dipping sauce 1/2 C. Lettuce and Tomato Cup 1/4 C. Cinnamon Apple slices 1/2 Pt. 1% Milk	9/30 Chicken strips w/slice of bread OR Open faced turkey sandwich w/ gravy 1/2 C. Mashed Potatoes 1/4 C. Pears 1/2 Pt. 1% Milk	10/01 BBQ Pork Sandwich OR Cheeseburger on a bun 1/2 c. Peas and Carrots 1/4 c. Pineapple 1/2 PT. 1% Milk	10/02 Nachos w/ meat, cheese and a slice of bread OR Chicken Nuggets w/ slice of bread 1/2 C. Corn 1/4 C. Peaches 1/2 Pt. 1% Milk	10/03 Slice of Pizza OR Fish Sandwich 1/2 C. Broccoli 1/4 C. Mandarin Oranges 1/2 Pt. 1% Milk



What Counts as a Reimbursable Lunch?

Three, Four, or Five of the following must be taken...

- 1 Meat or Meat Alternative (2 oz.- Hamburger, Cheese, or Hot Dog, etc.)
- 1 Bread or Bread Alternative (8/ week-Sandwich bun, Pizza Crust, etc.)
- 2 Fruit and/or Vegetable (3/4 C.- 1/4 C. Applesauce, 1/2 C. Oven Fries, etc.)
- 1 Milk (1/2 Pt. Or 8 fl. oz.- 1% Chocolate, Skim, etc.)

Menu Subject to Change