

-2023-

## FRIDA

## **FOX CHAPEL AREA** SCHOOL DISTRICT

## HS & DMS **LUNCH MENU**

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

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

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

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

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

## MONDAY

**BBQ Pulled Pork** on Breadwork's Kaiser Bun Fries/Baked Beans/Coleslaw Choice of Fruit / 100% Juice Choice of Milk

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

Chicken Nuggets with a Soft Pretzel Rod Mashed Potatoes & Gravy/ Celery Sticks Choice of Milk

WEDNESDAY

Cheese Ravioli with Sauce and a Garlic Breadstick Green Beans / Tossed Salad Choice of Fruit / 100% Juice Choice of Fruit / 100% Juice Choice of Milk

**THURSDAY** 

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

Pierogies with or without Onions Steamed Peas / Green Peppers Choice of Fruit / 100% Juice

Choice of Milk

Cinnamon Swirl French Toast with Sausage Hash Browns / Cucumbers Warm Cinnamon Apples / 100% Juice Choice of Milk

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

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

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

Ultimate Steak Hoagie on Breadwork's Hoagie Bun Tater Tots / Baked Beans Choice of Fruit / 100% Juice Choice of Milk

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

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

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

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

Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice Choice of Milk

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Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice Choice of Milk

Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice

Choice of Milk

Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice Choice of Milk

26

Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice Choice of Milk

29

**NO SCHOOL** 

30

23

Chef's Choice Choice of Assorted Veggies Choice of Fruit / 100% Juice Choice of Milk





25

