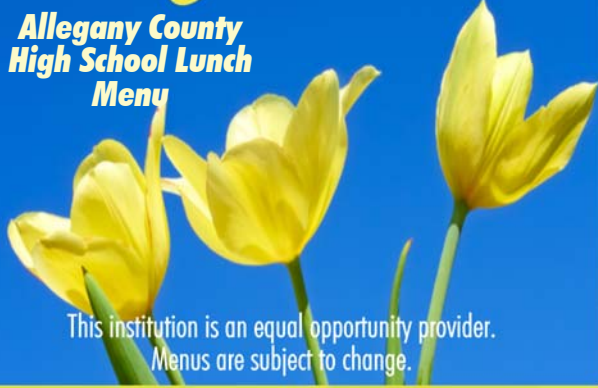


Menus For May & June 2018

Allegheny County High School Lunch Menu



This institution is an equal opportunity provider.
Menus are subject to change.

DON'T GET!

To make a lunch, choose at least one



Fruit/Juice

or



Veggie



and 3-5
items
total

ALLEGANY COUNTY
FOOD AND NUTRITION SERVICES

Featured Specials of the Day

Tuesday, May 1

Taco Salad
Nachos and Meat Sauce

Wednesday, May 2

Chicken Tenders
Chef's Salad

Thursday, May 3

Grilled Cheese Sandwich
Hot Ham and Cheese Sandwich

Friday, May 4

Round Pizza
Chicken Patty Sandwich

Monday, May 7

Popcorn Chicken
Stacked Turkey Sandwich

Tuesday, May 8

Sliced Pizza
Popcorn Chicken Salad

Wednesday, May 9

Spaghetti and Meatballs
Meatball Sub

Thursday, May 10

Fish Sandwich
Spicy Chicken Patty Sandwich
Spicy Chicken Salad

Friday, May 11

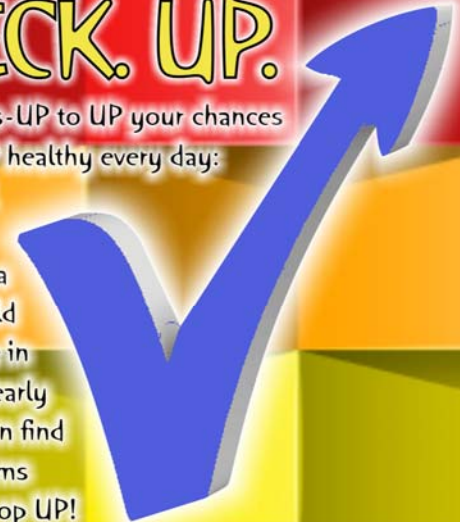
Steak-um Sandwich
Mini Crescents

CHECK UP.

Here's a heads-UP to UP your chances
for waking UP healthy every day:

get an annual
CHECK UP.

Whether you a
re young or old
or somewhere in
between, a yearly
doctor visit can find
and fix problems
before they crop UP!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, May 14

Chicken Patty Sandwich
Deli Wrap

Tuesday, May 15

Rotini
Chef's Salad

Wednesday, May 16

Open-Faced Hot Turkey Sandwich
Open-Faced Salisbury Steak Sandwich

Thursday, May 17

Spicy Chicken Patty Sandwich
Chicken Fajita
Chicken Fajita Salad

Friday, May 18

Stuffed Crust Pizza
Hot Ham and Cheese Sandwich

Featured Specials of the Day

Monday, May 21

Hot Dog
Sloppy Joe Sandwich

Tuesday, May 22

Chicken Nuggets
Grilled Chicken Patty Sandwich
Grilled Chicken Salad

Wednesday, May 23

Mexican Pizza
Tuna Salad Sandwich
BBQ Chicken Sandwich

Thursday, May 24

Lasagna
Steak Wrap

Friday, May 25

Baked Chicken
Deli Wrap
Chef's Salad

★ OUR NATION'S HISTORY ★

Jim Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics,



becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, May 28

MEMORIAL DAY ✪ **NO SCHOOL TODAY**

Tuesday, May 29

Hamburger or Cheeseburger
Mozzarella Sticks

Wednesday, May 30

Taco Salad
Nachos and Meat Sauce

Thursday, May 31

Chicken Tenders
Chef's Salad

Friday, June 1

Round Pizza
Chicken Patty Sandwich

Monday, June 4

Manager's Choice

Tuesday, June 5

Manager's Choice

Wednesday, June 6

Manager's Choice

Thursday, June 7

Manager's Choice

Friday, June 8

Manager's Choice

Monday, June 11

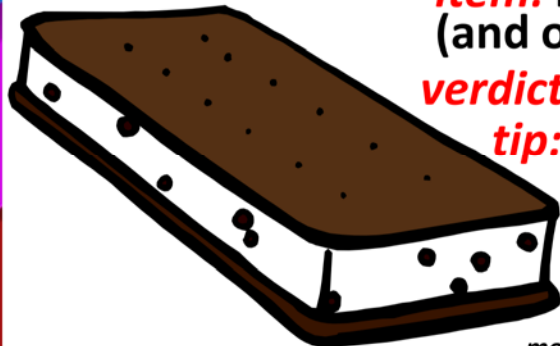
Manager's Choice

Tuesday, June 12

Manager's Choice

eat fit

wanna stay fit?
gotta eat right!



item: ice cream sandwich
(and other summer treats)

verdict: look before you lick

tip: We're not going to tell you not to ever eat ice cream, but it should not be a daily routine, even in hot weather. And check the labels – some summer treats have MUCH more sugar than an ice cream sandwich.



Based on one ice cream sandwich.