

# SHADY SIDE ACADEMY

Pre-K  
October 2019

\* denotes an upcharge.  
Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>Academy Closed!</b>	1 <b>Chicken Parmesan</b> Noodles Green Beans Snack: Chips & Salsa	2 <b>Pork Roast</b> Sweet Potato Fries Vegetable Medley Snack: Quaker Snacks	3 <b>Beefy Macaroni</b> Cheesy Breadsticks cauliflower Snack: Soft Pretzels w/ Wow Butter	4 <b>Cheese Pizza</b> Rice Pilaf Brussels Sprouts Snack: Popcorn
7 <b>3 Cheese Flat</b> Plantains Vegetable Medley Snack: Yogurt & Granola	8 <b>Pierogis</b> Orzo Pilaf Zucchini Snack: Nutrigrain Bars	9 <b>Academy Closed!</b>	10 <b>Chicken Sandwich</b> Au Gratin Potatoes Broccoli Snack: Pretzels	11 <b>Meatball Hoagie</b> Garden Rice Green Beans Snack: Mini Cinnamon Rolls
14 <b>No Classes!</b>	15 <b>Sesame Chicken</b> Steamed Rice Snap Peas Snack: Mini Bagels w/ Cream Cheese	16 <b>Cheesy Dumplings</b> Creamed Spinach Vegetable Medley Snack: Kale Chips	17 <b>Hamburger</b> Crinkle Fries Corn Snack: Mini Waffles	18 <b>Chicken Alfredo</b> Garlic Sticks Cauliflower Snack: Chex Mix
21 <b>Stuffed Shells</b> Garlic Bread Peas Snack: Popcorn	22 <b>Honey Chicken</b> Noodles Carrots Snack: Cheese Cubes w/ Crackers	23 <b>Mac &amp; Cheese</b> Baked Beans Vegetable Medley Snack: Elf Grahams	24 <b>Pot Roast</b> Mashed Potatoes Brussels Sprouts Snack: String Cheese	25 <b>Cheese Pizza</b> Orzo Pilaf Sautéed Kale Snack: Cream Cheese filled Bagels
28 <b>Grilled Cheese</b> Sweet Potato Tots Zucchini Snack: Mini Pancakes	29 <b>French Toast</b> Home Fries Bacon Snack: Hummus w/ Veggies	30 <b>Beef Corn Dog</b> French Fries Broccoli w/ Cheese Snack: Teddy Grahams	31 <b>Works For Brains (Spaghetti)</b> Vampire Bread Green Beans Snack: Animal Crackers	

Cindy Lee Wise, *General Manager* — 412.968.3111

Marcy Rittenhouse, *Chef* — 412.473.4438

metz@shadyisdeacademy.org

A complete school lunch consists of: soup, salad, entrée (cold or hot), 2 side dishes, fruit, & milk.  
We feature locally source vegetables daily (some grown right here on the SSA farm)!