## ACAD E M Y

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | 1 <br> Stuffed Crust Pizza or Tuna Salad Wrap Roasted Vegetable Barley Honey Glazed Carrots Vegetable Medley <br> Gluten Free: GF Pizza |
| 4 Chicken Nuggets or Vegetable Club Noodles Parmesan Roasted Cauliflower Vegetable Medley <br> Gluten Free: GF Chicken Chunks | 5 <br> Meatloaf Sandwich or Stuffed Portabellas Mashed Potatoes Corn Vegetable Medley <br> Gluten Free: GF Meatloaf | 6 LITTLE ITALY Lasagna or Margarita Pizza Garlic Knots Roasted Asparagus Vegetable Medley Gluten Free: GF Lasagna | 7 <br> Sloppy Joes <br> or Caprese Croissant <br> Tater Tots <br> Roasted Carrots <br> Vegetable Medley <br> Gluten Free: GF Sloppy Joe | 8 <br> Cheese Pizza <br> or Pepper Crusted Tuna* <br> Tomato Basil Orzo Green Peas Vegetable Medley <br> Gluten Free: GF Pizza |
| 11 <br> Tortellini Alfredo or Vegetable Stacks Breadsticks Brussels Sprouts Vegetable Medley <br> Gluten Free: GF Pasta Alfredo | ```1 2 General Tso's Chicken or Vegetable Lo Mein Fried Rice Broccoli Vegetable Medley``` <br> Gluten Free: GF General Tso's | 13 <br> THE WINDY CITY Italian Beef or Deep Dish Pizza French Fries Green Beans Vegetable Medley <br> Gluten Free: GF Pizza | $14$ <br> Buffalo Chicken Mac \& Cheese <br> or Garden Pizza <br> Rice Pilaf <br> Roasted Cauliflower <br> Vegetable Medley <br> Gluten Free: GF Mac \& Cheese | 15 <br> No Classes |
| 18 <br> All Beef Hot Dogs or Veggie Sliders French Fries Baked Beans Vegetable Medley <br> Gluten Free: GF Hot Dog | 19 Spaghetti \& Meatballs or Stuffed Zucchini Cheesy Garlic Bread Sautéed Kale Vegetable Medley <br> Gluten Free: GF Pasta w/ Marinara | Chili Burger <br> or Grilled Cheese Onion Rings Corn on the Cob Vegetable Medley <br> Gluten Free: GF Burger | 21 <br> French Toast Sticks or Cheesy Eggs Home Fries Bacon Baked Apples <br> Gluten Free: GF French Toast | 22 <br> Meat Lover's Pizza or Cheese Pizza Risotto Green Beans Vegetable Medley <br> Gluten Free: GF Pizza |
| 25 <br> Chicken Parmesan or Eggplant Hoagie Noodles Broccoli Vegetable Medley <br> Gluten Free: GF Chicken Parm | 26 <br> Pulled Pork <br> or Black Bean Burger <br> Loaded Tots Zucchini <br> Vegetable Medley <br> Gluten Free: Pulled Pork |  | HAPPY THANKSGIVING! |  |

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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)!

