

December 2018

AASD Senior High Lunch Menu

Monday	3	Hot Turkey Bacon Swiss on Croissant, Steamed Corn, Baby Carrots
Tuesday	4	Loaded Nachos, Refried Beans, Pico de Gallo
Wednesday	5	Pepperoni Roll with Sauce, Green Peas, Red Pepper Strips
Thursday	6	General Tso's Chicken with Rice, Steamed Broccoli, Celery Sticks
Friday	7	Meat Lovers Pizza, French Fries, Cucumber Slices
Monday	10	Smothered Cheese Steak Hoagie, Green Beans, Baby Carrots
Tuesday	11	Walking Tacos, Mexican Rice, Refried Beans, Green Peas
Wednesday	12	Cowboy Burger, Broccoli Salad, Red Pepper Strips
Thursday	13	Pasta with Meat Sauce, Breadstick, Steamed Carrots, Italian Salad
Friday	14	HOLIDAY MEAL, Turkey, Stuffing, Mashed Potatoes, Steamed Corn
Monday	17	Mac and Cheese, Stewed Tomatoes, Celery Sticks
Tuesday	18	Crunchy Tacos, Refried Beans, Steamed Corn
Wednesday	19	Bacon Cheeseburger, French Fries, Green Beans
Thursday	20	Popcorn Chicken, Breadstick, Steamed Broccoli, Red Pepper Strips
Friday	21	NO SCHOOL - INSERVICE
Monday	24	NO SCHOOL
Tuesday	25	NO SCHOOL - CHRISTMAS
Wednesday	26	NO SCHOOL
Thursday	27	NO SCHOOL
Friday	28	NO SCHOOL
Monday	31	NO SCHOOL

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Components: Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk - 1% white, and fat-free chocolate

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Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas Starchy - white potatoes, corn
celery sticks, cucumbers, cauliflower, green peppers, and green beans

Daily Fruit Selection May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon,
strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

Grill Options May include: Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken
Nuggets and Grilled Cheese

Deli Selections May Include: Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbreads

Pizza Selections May Include: Cheese, Pepperoni, Buffalo Chicken Pizza, and Stuffed Crust

Fresh Salads May Include: Chicken Caesar, Garden, Spicy Chicken, Popcorn Chicken Salads

Lunch Prices: Student \$2.05. Reduced \$0.40. Adult \$3.05.

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