

## August/September- Text Menu

### AASD Senior High Lunch Menu

Monday	26	Hot Ham and Cheese on a Pretzel Roll, Steamed Corn, Celery Sticks
Tuesday	27	Loaded Nachos, Baked Beans, Cherry Tomatoes
Wednesday	28	Hot Turkey, Bacon and Swiss on a Croissant, French Fries, Steamed Peas
Thursday	29	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	30	Cheese Pizza Sticks with Sauce, Steamed Carrots, Italian Salad
Monday	2	<b>Happy Labor Day!</b>
Tuesday	3	French Toast Stick with Sausage, Tater Tots, Cucumber Slices
Wednesday	4	Rodeo Burger, Steamed Corn, Baked Beans
Thursday	5	Baked Chicken Parmesan over Pasta, Steamed Carrots, Italian Salad
Friday	6	Cheese or Pepperoni Pizza, Steamed Broccoli, Cucumber Slices
Monday	9	Hot Ham and Cheese on a Pretzel Roll, Green Beans, Caesar Salad
Tuesday	10	Soft Tacos, Baked Beans, Baby Carrots
Wednesday	11	Chicken Alfredo with Penne Pasta, Steamed Peas, Red Pepper Strips
Thursday	12	Chicken and Mashed Potatoes with Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	13	Cheese Pizza Sticks with Sauce, Steamed Carrots, Italian Salad
Monday	16	Hot Turkey, Bacon and Swiss on a Croissant, Green Beans, Baby Carrots
Tuesday	17	Loaded Nachos, Cheesy Refried Beans, Steamed Corn
Wednesday	18	Buffalo Chicken Wrap, French Fries, Celery Sticks
Thursday	19	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	20	<b>NO SCHOOL – IN SERVICE</b>
Monday	23	Cheese Steak Hoagie, Steamed Corn, Baby Carrots
Tuesday	24	Walking Taco, Mexican Rice, Baked Beans, Red Pepper Strips
Wednesday	25	Rodeo Chicken Sandwich, French Fries, Green Beans
Thursday	26	Pasta and Meat Sauce with Breadstick, Steamed Carrots, Caesar Salad
Friday	27	Cheese Pizza Sticks with Sauce, Steamed Peas, Italian Salad

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

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**What makes a complete 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

**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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