

January 2019

AASD Senior High Lunch Menu

Tuesday	1	NO SCHOOL – HAPPY NEW YEAR
Wednesday	2	Mac and Cheese, Breadstick, Stewed Tomatoes, Baby Carrots
Thursday	3	Chicken Mashed Potato, Mashed Potato, Steamed Corn
Friday	4	Cheese Pizza Sticks with Sauce, Baked Beans, Caesar Salad
Monday	7	Hot Turkey Bacon Swiss on Croissant, Cheesy Potatoes, Baby Carrots
Tuesday	8	Loaded Nachos, Refried Beans, Pico di Gallo
Wednesday	9	Pepperoni Roll with Sauce, Green Peas, Red Pepper Strips
Thursday	10	General Tso’s Chicken over Rice, Steamed Broccoli, Celery Sticks
Friday	11	Cheese Pizza Sticks with Sauce, Steamed Corn, Italian Salad
Monday	14	Smothered Steak Hoagie, Steamed Corn, Baby Carrots
Tuesday	15	Walking Tacos, Mexican Rice, Baked Beans, Red Peppers Strips
Wednesday	16	Rodeo Chicken Sandwich, Potato Salad, Cucumber Slices
Thursday	17	Pasta with Meat Sauce, Breadstick, Green Beans, Caesar Salad
Friday	18	NO SCHOOL - INSERVICE
Monday	21	NO SCHOOL – MARTIN LUTHER KING DAY
Tuesday	22	Crunchy Tacos, Refried Beans, Baby Carrots
Wednesday	23	Bacon Cheeseburger, Steamed Corn, Red Pepper Strips
Thursday	24	Homemade Meatloaf, Mashed Potatoes, Green Beans
Friday	25	Cheese Pizza Sticks with Sauce, Steamed Carrots, Caesar Salad
Monday	28	Sloppy Joes, French Fries, Baby Carrots
Tuesday	29	Loaded Nachos, Baked Beans, Glazed Carrots
Wednesday	30	Meatball Hoagie, Steamed Corn, Italian Salad
Thursday	31	General Tso’s Chicken over Rice, Steamed Broccoli, Cucumber Slices

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

January 2019

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.

General Manager: Heather Reimer hreimer@asdcats.com 1-814-946-8271