



AASD Elementary Lunch Menu August - September



What makes a complete meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?

Meat or Meat Alternate
 Grain/Bread
 Choice of Vegetable
 Choice of Fruit
 Choice of Milk
 (Skim, 1% white, and fat-free chocolate)

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices

Other Meal Options May Include:

PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing
 Ham and Cheese Hoagie

Monday	Tuesday	Wednesday	Thursday	Friday
26 Popcorn Chicken with Dinner Roll Green Beans Baby Carrots Choice of Fruit Choice of Milk	27 Chicken Fajita Wrap Baked Beans Steamed Carrots Choice of Fruit Choice of Milk	28 Cheese Steak Hoagie French Fries Celery Sticks Choice of Fruit Choice of Milk	29 Pasta with Meat Sauce Steamed Peas Red Pepper Strips Choice of Fruit Choice of Milk	30 Pizza Bagel Caesar Salad Steamed Corn Choice of Fruit Choice of Milk
2 NO SCHOOL 	3 Soft Tacos Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	4 Hot Ham & Cheese On a Pretzel Roll Sweet Potato Fries Green Beans Choice of Fruit Choice of Milk	5 Chicken & Mashed Potato with Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	6 Cheese or Pepperoni Pizza Italian Salad Steamed Broccoli Choice of Fruit Choice of Milk
9 Chicken Patty Sandwich Green Beans Baby Carrots Choice of Fruit Choice of Milk	10 Walking Taco with Dinner Roll Baked Beans Steamed Corn Choice of Fruit Choice of Milk	11 Hot Dog French Fries Red Pepper Strips Choice of Fruit Choice of Milk	12 General Tso's Chicken over Rice Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	13 Toasted Cheese Sandwich Tomato Soup Steamed Peas Choice of Fruit Choice of Milk
16 Popcorn Chicken with Dinner Roll Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	17 Chicken Fajita Wrap Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	18 Cheeseburger French Fries Green Beans Choice of Fruit Choice of Milk	19 Pasta with Meat Sauce Steamed Carrots Italian Salad Choice of Fruit Choice of Milk	20 No School In Service 
23 Chicken Nuggets with Dinner Roll Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	24 Walking Taco with Dinner Roll Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	25 Hot Ham & Cheese on a Pretzel Roll Green Beans Red Pepper Strips Choice of Fruit Choice of Milk	26 Chicken & Mashed Potato with Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	27 Cheese or Pepperoni Pizza Italian Salad Green Peas Choice of Fruit Choice of Milk



Lunch Prices:

Student \$2.05
 Reduced \$.40
 Adult \$3.05

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