

October 2018

Junior High Lunch Menu

Monday	1	Meatball and Cheese Hoagie – Steamed Corn and Italian Salad
Tuesday	2	General Tso’s Chicken over Rice – Steamed Broccoli and Red Pepper Strips
Wednesday	3	Walking Taco with Mexican Rice – Baked Beans and Baby Carrots
Thursday	4	Smothered Steak Hoagie – Roasted Potatoes and Celery Sticks
Friday	5	Cheese Pizza Sticks with dipping sauce – Steamed Carrots and Green Beans
Monday	8	Hot Ham and Cheese on a Pretzel Roll –Green Beans and Baby Carrots
Tuesday	9	Chicken Fajita Wrap – Baked Beans and Steamed Corn
Wednesday	10	Cowboy Burger Cheese, Onion Rings, and BBQ – Roasted Potatoes and Glazed Carrots
Thursday	11	Chicken Alfredo over Penne Pasta – Steamed Broccoli and Italian Salad
Friday	12	No Secondary – Parent Teacher Conferences
Monday	15	Parmesan Popcorn Chicken – Green Beans and Baby Carrots
Tuesday	16	Tacos on Soft Tortilla – Baked Beans and Glazed Carrots
Wednesday	17	Chicken Mashed Potato with Dinner Roll – Mashed Potatoes and Steamed Corn
Thursday	18	Pasta with Meat Sauce with a Breadstick – Roasted Zucchini and Romaine Salad
Friday	19	Meat Lover’s Pizza – Steamed Broccoli and Red Pepper Strips
Monday	22	Bacon Cheeseburger – Cheesy Potatoes and Steamed Carrots
Tuesday	23	General Tso’s Chicken over Rice – Steamed Broccoli and Red Pepper Strips
Wednesday	24	Walking Taco with Mexican Rice – Baked Beans and Baby Carrots
Thursday	25	Hot Ham and Cheese on a Pretzel Roll – Steamed Corn and Celery Sticks
Friday	26	No School
Monday	29	BBQ Chicken Hoagie – Green Beans and Celery Sticks
Tuesday	30	Loaded Nachos with a Dinner Roll – Baked Beans and Mexicali Corn
Wednesday	31	Pancakes with Sausage – Roasted Potatoes and Baby Carrots

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. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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

Daily Fruit Selections may include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Daily Features: Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

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 \$3.00.

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