



AASD Elementary Lunch Menu March 2019



What is a 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 and mandarin oranges

Other Meal Options May Include:
 PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing

Lunch Prices:


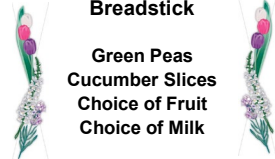
- Student \$2.05
- Reduced \$.40
- Adult \$3.05

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USDA is an equal opportunity



Monday	Tuesday	Wednesday	Thursday	Friday
Cafeteria Staff Needed Weekends, Holidays and Summer off! For more information call: Andrea Seasack (814) 505-1512		Nutritious Friend Of the Month is....		1 Cheese or Pepperoni Pizza Green Beans Steamed Carrots Choice of Fruit Choice of Milk
4 Chicken Patty Sandwich French Fries Baby Carrots Choice of Fruit Choice of Milk	5 Crunchy Tacos Baked Beans Steamed Corn Choice of Fruit Choice of Milk	6 Macaroni and Cheese Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	7 General Tso's Chicken over Rice Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich Tomato Soup Green Peas Choice of Fruit Choice of Milk
11 Popcorn Chicken Dinner Roll Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	12 Cheesy Chicken Quesadilla Baked Beans Steamed Corn Choice of Fruit Choice of Milk	13 Hot Dog French Fries Red Pepper Strips Choice of Fruit Choice of Milk	14 First Day of Spring Pasta with Meat Sauce Breadstick  Green Peas Cucumber Slices Choice of Fruit Choice of Milk	15 Cheese Pizza Sticks with Sauce Steamed Carrots Italian Salad Choice of Fruit Choice of Milk
18 Chicken Nuggets Dinner Roll Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	19 Soft Tacos Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	20 Hot Ham and Cheese on Pretzel Roll French Fries Celery Sticks Choice of Fruit Choice of Milk	21 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	22 Cheese or Pepperoni Pizza Italian Salad Steamed Carrots Choice of Fruit Choice of Milk
25 Chicken Patty Sandwich Green Beans Baby Carrots Choice of Fruit Choice of Milk	26 Walking Taco Mexican Rice Baked Beans Steamed Corn Choice of Fruit Choice of Milk	27 Hot Dog French Fries Red Pepper Strips Choice of Fruit Choice of Milk	28 General Tso's Chicken with Rice Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	29 Toasted Cheese Sandwich Tomato Soup Green Peas Choice of Fruit Choice of Milk