



Altoona High School Lunch Menu February 2019



What is a Meal?
 A minimum of 3 of the 5 components
 At least 1/2 cup serving of fruit or vegetable
 must be selected to make a meal

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 Selections May Include:
 oranges, apples, bananas, grapes, pears,
 peaches, cantaloupe, melon, strawberries,
 applesauce, pineapple, mandarin oranges,
 100% fruit juice

Grill Selections May Include:
 Hamburger, Cheeseburger,
 Chicken Patty, Spicy Chicken Patty,
 Chicken Nuggets, Grilled Cheese

Deli Selections May Include:
 Turkey, Ham, Buffalo Chicken on
 Wraps, Hoagies, or Flatbread

Pizza Selections May Include:
 Cheese, Pepperoni, Buffalo Chicken Pizza,
 Stuffed Crust Pizza

Fresh Salads May Include:
 Chicken Caesar
 Chopped Garden



Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

Heather Reimer
 General Manager
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USDA is an equal opportunity provider and

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.....	 Avocado-do	1 Cheese Pizza Sticks with Sauce Steamed Carrots Green Beans Choice of Fruit Choice of Milk
4 Primo Sandwich Homemade Chicken Noodle Soup Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	5 French Toast Sticks With Sausage Tater Tots Celery Sticks Choice of Fruit Choice of Milk	6 Double Corn Dog Day! Baked Beans Steamed Carrots Choice of Fruit Choice of Milk	7 BBQ Chicken Dinner Roll Potato Salad Steamed Corn Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk
11 Hot Ham & Cheese on Pretzel Roll Green Beans Caesar Salad Choice of Fruit Choice of Milk	12 Soft Tacos Mexican Rice Black Bean Corn Salad Cherry Tomatoes Choice of Fruit Choice of Milk	13 Pizza Casserole Breadstick Green Peas Red Pepper Stripes Choice of Fruit Choice of Milk	14 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed corn Choice of Fruit Choice of Milk HAPPY VALENTINES DAY	15 NO SCHOOL WINTER BREAK
18 NO SCHOOL 	19 Loaded Nachos Cheesy Refried Beans Celery Sticks Choice of Fruit Choice of Milk	20 Cheeseburger Macaroni Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk	21 Homemade Meatloaf Mashed Potatoes Green Beans Choice of Fruit Choice of Milk	22 Cheese Pizza Sticks with Sauce Steamed Carrots Caesar Salad Choice of Fruit Choice of Milk
25 Sloppy Joes French Fries Baby Carrots Choice of Fruit Choice of Milk	26 Loaded Nachos Black Bean Corn Salad Steamed Carrots Choice of Fruit Choice of Milk	27 Homemade Meatball Hoagie Steamed Corn Italian Salad Choice of Fruit Choice of Milk	28 General Tso's Chicken over Rice Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	