



# Altoona High School Lunch Menu     January 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 \$4.00  
Adult \$3.05

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NO SCHOOL</b> 	2 <b>Mac &amp; Cheese Breadstick</b>  Stewed Tomatoes Baby Carrots Choice of Fruit Choice of Milk	3 <b>Chicken Mashed Potato Dinner Roll</b>  Mashed Potato Steamed Corn Choice of Fruit Choice of Milk	4 <b>Cheese Pizza Sticks with Sauce</b>  Baked Beans Caesar Salad Choice of Fruit Choice of Milk
7 <b>Hot Turkey Bacon Swiss on Croissant</b>  Cheesy Potatoes Baby Carrots Choice of Fruit Choice of Milk	8 <b>Loaded Nachos</b>  Refried Beans Pico di Gallo Choice of Fruit Choice of Milk	9 <b>Pepperoni Rolls</b>  Green Peas Red Pepper Strips Choice of Fruit Choice of Milk	10 <b>General Tso's Chicken over Rice</b>  Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	11 <b>Cheese Pizza Sticks with Sauce</b>  Steamed Corn Italian Salad Choice of Fruit Choice of Milk
14 <b>Smothered Steak Hoagie</b>  Steamed Corn Baby Carrots Choice of Fruit Choice of Milk	15 <b>Walking Taco Mexican Rice</b>  Baked Beans Baby Carrots Choice of Fruit Choice of Milk	16 <b>Rodeo Chicken Sandwich</b>  Potato Salad Cucumber Slices Choice of Fruit Choice of Milk	17 <b>Pasta with Meat Sauce with Breadstick</b>  Green Beans Caesar Salad Choice of Fruit Choice of Milk	18 <b>NO SCHOOL INSERVICE</b>
21 <b>NO SCHOOL</b>  <b>Martin Luther King Jr. Day</b>	22 <b>Crunchy Tacos</b>  Refried Beans Baby Carrots Choice of Fruit Choice of Milk	23 <b>Bacon Cheeseburger</b>  Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk	24 <b>Homemade Meatloaf</b>  Mashed Potatoes Green Beans Choice of Fruit Choice of Milk	25 <b>Cheese Pizza Sticks with Sauce</b>  Steamed Carrots Caesar Salad Choice of Fruit Choice of Milk
28 <b>Sloppy Joes</b>  French Fries Baby Carrots Choice of Fruit Choice of Milk	29 <b>Loaded Nachos</b>  Baked Beans Glazed Carrots Choice of Fruit Choice of Milk	30 <b>Meatball Hoagie</b>  Steamed Corn Italian Salad Choice of Fruit Choice of Milk	31 <b>General Tso's Chicken over Rice</b>  Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	<b>Nutritious Friend of the Month is.....</b>  <b>CHICK PEAS</b>