



Satellite Sites Lunch Menu February 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 Selections May Include:
 (varies seasonally)
 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 \$4.40
 Adult \$3.05

Heather Reimer
 General Manager
 814-946-8271
 hreimer@aasdcat.com

USDA is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
HELP WANTED Cafeteria Staff Needed Weekends, Holidays & Summers off!!! For more information call: (814) 505-1512				1 Cheese Pizza Sticks with Sauce Steamed Carrots Fruit Milk
4 Popcorn Chicken Dinner Roll Green Beans Fruit Milk	5 Walking Taco Dinner Roll Baked Beans Fruit Milk	6 Macaroni & Cheese Green Peas Fruit Milk	7 Hot Dog Steamed Broccoli Fruit Milk	8 Toasted Cheese Tomato Soup Fruit Milk
11 Chicken Patty Sandwich Green Beans Fruit Milk	12 Corn Dog Baked Beans Fruit Milk	13 Chicken Nuggets Dinner Roll Steamed Corn Fruit Milk	14 Pasta with Meat Sauce Baby Carrots Fruit Milk	15 Cheese Pizza Sticks with Sauce Cesar Salad Fruit Milk
18 Hot Ham and Cheese on Pretzel Roll Baby Carrots Fruit Milk	19 Soft Tacos Baked Beans Fruit Milk	20 Cheeseburger French Fries Fruit Milk	 21 Popcorn Chicken Dinner Roll Steamed Broccoli Fruit Milk <i>First day of Spring</i>	22 Cheese or Pepperoni Pizza Steamed Carrots Fruit Milk
25 Chicken Nuggets Dinner Roll Cheesy Broccoli Fruit Milk	26 Meatball & Cheese Hoagie Green Beans Fruit Milk	27 Hot Dog Baked Beans Fruit Milk	28 French Toast Sticks with Sausage Tater Tots Fruit Milk	29 Toasted Cheese Sandwich Tomato Soup Fruit Milk