

March Text Menu 2020

AASD Senior High Lunch Menu

Monday	2	Grilled Chicken Bacon Ranch on a Ciabatta Roll, Steamed Broccoli, Baby Carrots
Tuesday	3	Walking Taco with Mexican Rice, Baked Beans, Steamed Carrots
Wednesday	4	Hot Ham and Cheese on a Pretzel Roll, French Fries, Baby Carrots
Thursday	5	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	6	Italian Dunkers, Green Beans, Italian Salad
Monday	9	Mini Corn Dogs, French Fries, Baby carrots
Tuesday	10	Crunchy Tacos, Cheesy Refries Beans, Steamed Broccoli
Wednesday	11	Philly-Style Cheesesteak on Baguette, choice of toppings, Green Beans, Baby Carrots
Thursday	12	Chicken Mashed Potato Bowl
Friday	13	SECONDARY CONFERENCES NO SCHOOL
Monday	16	Bacon Cheeseburger, Cheesy Broccoli, Baby Carrots
Tuesday	17	Crunchy Taco Wrap, Baked Beans, Pico de Gallo
Wednesday	18	Homemade Meatballs on a Baguette, Green Beans, Caesar Salad
Thursday	19	Fish Sticks with Mac and Cheese, Steamed Peas, Stewed Tomatoes
Friday	20	Toasted Cheese Sandwich, Tomato Soup, Steamed Broccoli
Monday	23	Hot Ham and Cheese on a Croissant, Steamed Broccoli, Baby Carrots
Tuesday	24	Chicken or Beef Nachos, Baked Beans, Steamed Corn
Wednesday	25	Cheeseburger Wrap, French Fries, Baby Carrots
Thursday	26	Rotini Pasta with Meat Sauce, Breadstick, Steamed Peas, Italian Salad
Friday	27	French Bread Pizza on a Baguette, Green Beans, Caesar Salad
Monday	30	Rodeo Burge, Baked Beans, Baby Carrots
Tuesday	31	French Toast Sticks, Sausage Patties, Tater Tots, Cucumber Slices

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

What makes a complete meal? You must choose at least 3 of the 5 components available for the school lunch price.

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

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

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas Starchy - white potatoes, corn celery sticks, cucumbers, cauliflower, green peppers, and green beans

Daily Fruit Selection May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

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 \$3.05.

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