

November 2018

AASD Senior High Lunch Menu

Thursday	1	Pasta with Meat Sauce, Green Peas, Baby Carrots
Friday	2	Toasted Cheese Sandwich, Tomato Soup, Cucumber Slices
Monday	5	Mac and Cheese, Steamed Broccoli, Baby Carrots
Tuesday	6	Hard shell Tacos, Refried Beans, Green Peas
Wednesday	7	Bacon Cheeseburger, Baked Beans, Red Pepper Strips
Thursday	8	Chicken and Gravy over Waffles, Mashed Potatoes, Steamed Corn
Friday	9	Italian Dunkers, Steamed Carrots, Cucumber Salad
Monday	12	NO SCHOOL – VETERANS DAY
Tuesday	13	Loaded Nachos, Refried Beans, Mexicali Corn
Wednesday	14	Pepperoni Roll with Sauce, Green Peas, Celery Sticks
Thursday	15	Popcorn Chicken with Breadstick, Steamed Broccoli, Red Pepper Strips
Friday	16	HOLIDAY MEAL, Turkey, Stuffing, Mashed Potatoes, Steamed Corn
Monday	19	Hot Ham and Cheese on a Pretzel Roll, Steamed Broccoli, Baby Carrots
Tuesday	20	Walking Tacos, Spanish Rice, Peas, Mexicali Corn
Wednesday	21	Cowboy Burger, Potato Salad, Baked Beans
Thursday	22	NO SCHOOL - THANKSGIVING
Friday	23	NO SCHOOL
Monday	26	NO SCHOOL
Tuesday	27	Tacos on soft Tortillas, Baked Beans, Tomato Salad
Wednesday	28	Mac and Cheese, Stewed Tomatoes, Celery Sticks
Thursday	29	Chicken Mashed Potato with a Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	30	Cheese Pizza Sticks with Sauce, Steamed Carrots, Italian Salad

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

What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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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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