



Altoona High School Lunch Menu March 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

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 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	NEW ITEM Monte Cristo Sandwich Ham, Turkey and Swiss on Frech Toast	Nutritious Friend Of the Month is....		1 NO SCHOOL SECONDARY CONFERENCE
4 Cheese Steak Hoagie French Fries Baby Carrots Choice of Fruit Choice of Milk	5 Soft Tacos Cheesy Refried Beans Celery Sticks Choice of Fruit Choice of Milk	6 Fish Sticks with Macaroni & Cheese Coleslaw Stewed Tomatoes Choice of Fruit Choice of Milk	7 Chicken & Gravy over Waffles Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich Tomato Soup Cesar Salad Choice of Fruit Choice of Milk
11 Hot Ham and Cheese on a Pretzel Roll Cheesy Potato Bake Green Beans Choice of Fruit Choice of Milk	12 Loaded Nachos Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	13 Monte Cristo Sandwich French Fries Steamed Corn Choice of Fruit Choice of Milk	14 General Tso's Chicken over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	15 Cheese Pizza Sticks with Sauce Italian Salad Steamed Carrots Choice of Fruit Choice of Milk
18 National Sloppy Joe Day Sloppy Joe French Fries Baby Carrots Choice of Fruit Choice of Milk	19 French Toast Sticks with Sausage Tater Tots Celery Sticks Choice of Fruit Choice of Milk	20 Cowboy Burger Baked Beans Broccoli Salad Choice of Fruit Choice of Milk	21 First Day of Spring Baked Chicken Parmesan with Pasta Italian Salad Steamed Carrots Choice of Fruit Choice of Milk 	22 Toasted Cheese Sandwich Tomato Soup Steamed Corn Choice of Fruit Choice of Milk
25 Homemade Meatball Hoagie Cesar Salad Steamed Carrots Choice of Fruit Choice of Milk	26 Soft Tacos Baked Beans Baby Carrots Choice of Fruit Choice of Milk	27 Double Dog Day Hot Dogs Cheesy Potato Bake Coleslaw Choice of Fruit Choice of Milk	28 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	29 Cheese Pizza Sticks with Sauce Green Beans Red Pepper Stips Choice of Fruit Choice of Milk