



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)

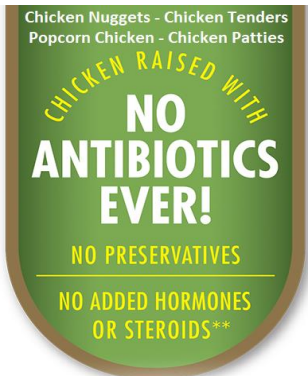
Daily Fruit Selection May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

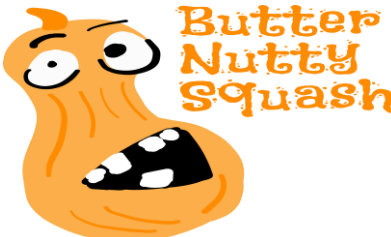



Other Meal Options May Include:
 PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing

Lunch Prices:
 Student \$2.05
 Reduced \$4.00
 Adult \$3.05

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

USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>NUTRITIOUS FRIEND OF THE MONTH IS</p> 			<p>1</p> <p>General Tso's Chicken over Rice</p> <p>Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Toasted Cheese Sandwich</p> <p>Tomato soup Green Peas Choice of Fruit Choice of Milk</p>
<p>5</p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Tacos on a Soft Tortilla</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Sweet Potato Fries Green Peas Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Chicken Mashed Potato with a Dinner Roll</p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Cheese or Pepperoni Pizza</p> <p>Italian Salad Steamed Broccoli Choice of Fruit Choice of Milk</p>
<p>12</p> <p>NO SCHOOL</p> 	<p>13</p> <p>Walking Taco with a Dinner Roll</p> <p>Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Hot Dog on a Roll</p> <p>Cheesy Potatoes Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>15</p> <p>General Tso's Chicken over Rice</p> <p>Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>16</p> <p>HOLIDAY MEAL</p> <p>Turkey with Stuffing Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>
<p>19</p> <p>Popcorn Chicken with a Dinner Roll</p> <p>Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>20</p> <p>NO SCHOOL</p> <p>CONFERENCES</p>	<p>21</p> <p>NO SCHOOL</p> <p>CONFERENCES</p>	<p>22</p> <p>NO SCHOOL</p> 	<p>23</p> <p>NO SCHOOL</p>
<p>26</p> <p>NO SCHOOL</p> 	<p>27</p> <p>Walking Taco with a Dinner Roll</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Green Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chicken Mashed Potato with a Dinner Roll</p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Cheese or Pepperoni Pizza</p> <p>Italian Salad Steamed Broccoli Choice of Fruit Choice of Milk</p>