

## October 2018

### AASD Senior High Lunch Menu

Monday	1	Hot Ham and Cheese on a Pretzel Roll – Roasted Potatoes and Celery Sticks
Tuesday	2	Loaded Nachos – Baked Beans and Cherry Tomatoes
Wednesday	3	Hot Turkey Bacon Swiss on a Croissant – Green Peas and Steamed Corn
Thursday	4	General Tso's over Rice – Steamed Broccoli and Red Pepper Strips
Friday	5	Cheese Pizza Sticks with dipping Sauce – Steamed Carrots and Green Beans
Monday	8	Homemade Meatball Hoagie - Steamed Broccoli and Baby Carrots
Tuesday	9	French toast Sticks with Sausage – Tater Tots and Celery
Wednesday	10	Cowboy Burger – Roasted Potatoes and Baked Beans
Thursday	11	Chicken Parmesan with Pasta – Steamed Carrots and Italian Salad
Friday	12	No School – Secondary Parent Teacher Conferences
Monday	15	Hot Ham and Cheese on a Pretzel – Green Beans and Caesar Salad
Tuesday	16	Tacos on a Soft Tortilla – Baked Beans and Tomato Salad
Wednesday	17	Chicken Alfredo over Penne Pasta – Green Peas and Red Pepper Strips
Thursday	18	Chicken Mashed Potato with Dinner Roll – Mashed Potatoes and Steamed Corn
Friday	19	Cheese Pizza Sticks with Dipping Sauce – Steamed Carrots and Italian Salad
Monday	22	Hot Turkey Bacon Swiss on a Croissant – Cheesy Potatoes and Baby Carrots
Tuesday	23	Loaded Nachos – Refried Beans and Mexicali Corn
Wednesday	24	Buffalo Chicken Wrap – Green Beans and Red Pepper Strips
Thursday	25	General Tso's over Rice – Steamed Broccoli and Celery Sticks
Friday	26	No School
Monday	29	Smothered Cheese Steak Hoagie – Steamed Corn and Baby Carrots
Tuesday	30	Walking Taco – Baked Beans and Tomato Salad
Wednesday	31	Rodeo Chicken Sandwich – Roasted Potatoes and Green Beans

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 \$3.00.

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