

FEBRUARY 2019

AASD Senior High Lunch Menu

Friday	1	Cheese Pizza Sticks with Sauce, Steamed Carrots, Green Beans
Monday	4	Primo sandwich, Homemade Chicken Noodle Soup, Broccoli, Baby Carrots
Tuesday	5	French Toast Sticks with Sausage, Tater Tots, Celery Sticks
Wednesday	6	Double Corn Dog Day, Baked Beans, Steamed Carrots
Thursday	7	BBQ Chicken, Dinner Roll, Potato Salad, Steamed corn
Friday	8	Toasted Cheese Sandwich, Tomato Soup, Cucumber Slices
Monday	11	Hot Ham and Cheese on Pretzel Roll, Green Beans, Caesar Salad
Tuesday	12	Soft Tacos, Mexican Rice, Black Bean Corn Salad, Cherry Tomatoes
Wednesday	13	Pizza Casserole, Breadstick, Green Peas, Red Pepper Strips
Thursday	14	Chicken Mashed Potato, Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	15	NO SCHOOL – WINTER BREAK
Monday	18	NO SCHOOL – PRESIDENTS DAY
Tuesday	19	Loaded Nachos, Cheesy Refried Beans, Celery Sticks
Wednesday	20	Cheeseburger Macaroni, Steamed Corn, Red Pepper Strips
Thursday	21	Homemade Meatloaf, Mashed Potatoes, Green Beans
Friday	22	Cheese Pizza Sticks with Sauce, Steamed Carrots, Caesar Salad
Monday	25	Sloppy Joes, French Fries, Baby Carrots
Tuesday	26	Loaded Nachos, Black Bean Corn Salad, Steamed Carrots
Wednesday	27	Homemade Meatball Hoagie, Steamed Corn, Italian Salad
Thursday	28	General Tso's Chicken over Rice, Steamed Broccoli, Cucumber Slices

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

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

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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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