

FEBRUARY 2019

Junior High Lunch Menu

Friday	1	Cheese Pizza Sticks with Sauce, Steamed Carrots, Green Peas
Monday	4	Hot Ham & Cheese on Pretzel Roll, Vegetable Beef Soup, Broccoli, Baby Carrots
Tuesday	5	Chicken Fajita Wrap, Black Bean Corn Salad, Green Beans
Wednesday	6	Cowboy Burger, French Fries, Steamed Carrots
Thursday	7	Chicken and Gravy over Waffles, Mashed Potatoes, Steamed Corn
Friday	8	Toasted Cheese Sandwich, Tomato Soup, Cucumber Slices
Monday	11	Parmesan Popcorn Chicken, Breadstick, Steamed Broccoli, Caesar Salad
Tuesday	12	Soft Tacos, Cheesy Refried Beans, Red Pepper Strips
Wednesday	13	Chicken Mashed Potato, Dinner Roll, Mashed Potatoes, Steamed Corn
Thursday	14	Pasta with Meat Sauce, Breadstick, Steamed Carrots, Caesar Salad
Friday	15	NO SCHOOL – WINTER BREAK
Monday	18	NO SCHOOL – PRESIDENTS DAY
Tuesday	19	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Wednesday	20	Walking Taco, Mexican Rice, Black Bean Corn Salad, Cucumber Slices
Thursday	21	Rodeo Chicken Sandwich, French Fries, Steamed Corn
Friday	22	Cheese Pizza Sticks with Sauce, Italian Salad, Glazed Carrots
Monday	25	BBQ Rib Sandwich, French Fries, Celery Sticks
Tuesday	26	Loaded Nachos, Black Bean Corn Salad, Steamed Carrots
Wednesday	27	Cowboy Burger, Green peas, Baby Carrots
Thursday	28	Cheesy Chicken Quesadilla, Steamed Corn, Red Pepper Strips

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. A 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, fat-free white, chocolate, vanilla and strawberry

Daily Fruit Selections may include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Daily Features: Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

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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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