




|   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|---|--|---|--|
| <p><b>What is a Meal?</b><br/>- 3 of the 5 components<br/>- At least 1/2 cup serving of fruit or 1/2 cup of vegetable</p> <p><b>What is a Component?</b><br/>Meat or Meat Alternate<br/>Grain/Bread<br/>Choice of Vegetable<br/>Choice of Fruit<br/>Choice of Milk<br/>(Skim, 1% white, and fat-free chocolate)</p> <p><b>Daily Fruit Selection May Include:</b><br/>oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit jucies and mandarin oranges</p> <p><b>Other Meal Options May Include:</b><br/>PB&amp;J Jamwich w/ String Cheese &amp; Crackers<br/>Fruit &amp; Yogurt w/ Crackers &amp; String Cheese<br/>Chef Salad w/ Dressing<br/>Ham and Cheese Hoagie</p> <p><b>Lunch Prices:</b><br/>Student \$2.05<br/>Reduced \$.40<br/>Adult \$3.05</p> <p><b>Heather Reimer</b><br/>General Manager<br/>814-946-8271<br/>hreimer@aasdcad.com</p> <p>USDA is an equal opportunity provider and employer.</p> | <p><b>1</b><br/>NO SCHOOL</p>   | <p><b>2</b><br/>Hot Dog</p> <p>Baked Beans<br/>Steamed Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                     | <p><b>3</b><br/>General Tso's Chicken over Rice</p> <p>Steamed Broccoli<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>4</b><br/>Toasted Cheese Sandwich</p> <p>Tomato Soup<br/>Green Peas<br/>Choice of Fruit<br/>Choice of Milk</p>                      |  |
|   | <p><b>7</b><br/>Popcorn chicken<br/>Dinner Roll</p> <p>Cheesy Broccoli<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                          | <p><b>8</b><br/>Loaded Nachos</p> <p>Baked Beans<br/>Cherry Tomatoes<br/>Choice of Fruit<br/>Choice of Milk</p>               | <p><b>9</b><br/>Cheeseburger</p> <p>French Fries<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>                        | <p><b>10</b><br/>Pasta with Meat Sauce<br/>Breadstick</p> <p>Green Peas<br/>Celery Sticks<br/>Choice of Fruit<br/>Choice of Milk</p>      | <p><b>11</b><br/>Cheese Pizza Sticks<br/>With Sauce</p> <p>Steamed Corn<br/>Red Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p>                       |
|   | <p><b>14</b><br/>Chicken Nuggets<br/>Dinner Roll</p> <p>Steamed Broccoli<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                        | <p><b>15</b><br/>Walking Taco<br/>Mexican Rice</p> <p>Baked Beans<br/>Steamed Corn<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>16</b><br/>Corn Dog</p> <p>French Fries<br/>Steamed Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                           | <p><b>17</b><br/>Homemade Meatloaf<br/>Dinner Roll</p> <p>Mashed Potatoes<br/>Green Beans<br/>Choice of Fruit<br/>Choice of Milk</p>      | <p><b>18</b><br/>NO SCHOOL<br/><br/>INSERVICE</p>  |
|   | <p><b>21</b><br/>NO SCHOOL</p>  <p><b>Martin Luther King Jr. Day</b></p> | <p><b>22</b><br/>Crunchy Tacos</p> <p>Baked Beans<br/>Steamed Corn<br/>Choice of Fruit<br/>Choice of Milk</p>                 | <p><b>23</b><br/>Meatball Hoagie</p> <p>Green Beans<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                        | <p><b>24</b><br/>Generals Tso's Chicken over Rice</p> <p>Steamed Broccoli<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>  | <p><b>25</b><br/>Toasted Cheese Sandwich</p> <p>Toamto Soup<br/>Green Peas<br/>Choice of Fruit<br/>Choice of Milk</p>  |
|   | <p><b>28</b><br/>Popcorn Chicken<br/>Dinner Roll</p> <p>Steamed Broccoli<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                        | <p><b>29</b><br/>Loaded Nachos</p> <p>Baked Beans<br/>Steamed Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>              | <p><b>30</b><br/>Sloppy Joe</p> <p>French Fries<br/>Italian Salad<br/>Choice of Fruit<br/>Choice of Milk</p>                           | <p><b>31</b><br/>Pasta with Meat Sauce<br/>Breadstick</p> <p>Green Beans<br/>Red Pepper Srtips<br/>Choice of Fruit<br/>Choice of Milk</p> | <p>Nutritious Friend<br/>of the Month Is...</p>  <p><b>CHICK PEAS</b></p> |

