

MARCH 2019

AASD Senior High Lunch Menu

Friday	1	NO SCHOOL – SECONDARY CONFERENCE
Monday	4	Cheese Steak Hoagie, French Fries, Baby Carrots
Tuesday	5	Soft Tacos, Cheesy Refried Beans, Celery Sticks
Wednesday	6	Fish Sticks, Macaroni & Cheese, Coleslaw, Stewed Tomatoes
Thursday	7	Chicken and Gravy over Waffles, Mashed Potatoes, Steamed Corn
Friday	8	Toasted Cheese Sandwich, Tomato Soup, Caesar Salad
Monday	11	Hot Ham and Cheese on Pretzel Roll, Cheesy Potato Bake, Green Beans
Tuesday	12	Loaded Nachos, Baked Beans, Cherry Tomatoes
Wednesday	13	Monte Cristo Sandwich, French Fries, Steamed Corn
Thursday	14	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	15	Cheese Pizza Sticks with Sauce, Italian Salad, Steamed Carrots
Monday	18	Sloppy Joe, French Fries, Baby Carrots
Tuesday	19	French Toast Sticks with Sausage, Tater Tots, Celery Sticks
Wednesday	20	Cowboy Burger, Baked Beans, Broccoli Salad
Thursday	21	Baked Chicken Parmesan with Pasta, Italian Salad, Steamed Carrots
Friday	22	Toasted Cheese Sandwich, Tomato Soup, Steamed Corn
Monday	25	Homemade Meatball Hoagie, Caesar Salad, Steamed Carrots
Tuesday	26	Soft Tacos, Baked Beans, Baby Carrots
Wednesday	27	Hot Dog, Cheesy Potato Bake, Coleslaw
Thursday	28	Chicken Mashed Potato with Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	29	Cheese Pizza Sticks with Sauce, Green Beans, 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. 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

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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 \$3.05.

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