

October 2018

AASD Elementary Lunch Menu

Monday	1	Popcorn Chicken with a Dinner Roll – Green Beans and Baby Carrots
Tuesday	2	Chicken Fajita Wrap – Baked Beans and Steamed Carrots
Wednesday	3	Cheese Steak Hoagie – Roasted Potatoes and Celery Sticks
Thursday	4	Pasta with Meat Sauce – Green Beans and Red Pepper Strips
Friday	5	Pizza Bagel – Steamed Broccoli and Steamed Corn
Monday	8	Chicken Nuggets with a Dinner Roll – Green Beans and Baby Carrots
Tuesday	9	Tacos on a Soft Tortilla – Baked Beans and Cherry Tomatoes
Wednesday	10	Hot Ham and Cheese on a Pretzel Roll – Sweet Potato Fries and Green Peas
Thursday	11	Chicken Mashed Potato with a Dinner Roll – Mashed Potatoes and Steamed Corn
Friday	12	Cheese or Pepperoni Pizza – Italian Salad and Steamed Broccoli
Monday	15	Chicken Patty Sandwich – Baby Carrots and Green Beans
Tuesday	16	Walking Taco with a Dinner Roll – Steamed Corn and Baked Beans
Wednesday	17	Hot Dog on a Roll – Cheesy Potatoes and Red Pepper Strips
Thursday	18	General Tso’s Chicken over Rice – Steamed Broccoli and Cucumber Slices
Friday	19	Toasted Cheese Sandwich – Tomato Soup and Green Peas
Monday	22	Popcorn Chicken with a Dinner Roll – Cheesy Broccoli and Baby Carrots
Tuesday	23	Chicken Fajita Wrap – Baked Beans and Cherry Tomatoes
Wednesday	24	Cheeseburger – Roasted Potatoes and Green Beans
Thursday	25	Pasta with Meat Sauce – Steamed Broccoli and Italian Salad
Friday	26	No School
Monday	29	Chicken Nuggets with a Dinner Roll – Cheesy Broccoli and Baby Carrots
Tuesday	30	Walking Taco with a Dinner Roll – Baked Beans and Cherry Tomatoes
Wednesday	31	Hot Ham and Cheese on a Pretzel Roll – Green Beans and Red Pepper Strips

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

October 2018

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

Deli: Turkey, Ham, Buffalo Chicken available in: Wraps, Hoagies, and Flatbreads

Pizza: Cheese, Pepperoni, and Buffalo Chicken Pizza

Fresh Salads served w/ a dinner roll: Chicken Caesar, Chopped Garden, Buffalo Chicken, and Crispy Chicken

On the Go? Grab and Go Sandwiches, Crackers Cheese and Fruit.

Lunch Prices: Student \$2.05. Reduced \$0.40. Adult \$3.00.

General Manager: Heather Reimer hreimer@asdcats.com 1-814-946-8271