



AASD Elementary Lunch Menu

December 2018



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| <p>What is a Meal? - 3 of the 5 components - At least 1/2 cup serving of fruit or 1/2 cup of vegetable</p> <p>What is a Component? Meat or Meat Alternate Grain/Bread Choice of Vegetable Choice of Fruit Choice of Milk (Skim, 1% white, and fat-free chocolate)</p> <p>Daily Fruit Selection May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges</p> <p>Other Meal Options May Include: PB&J Jamwich w/ String Cheese & Crackers Fruit & Yogurt w/ Crackers & String Cheese Chef Salad w/ Dressing</p> <p>Lunch Prices: Student \$2.05 Reduced \$.40 Adult \$3.05</p> <p>Heather Reimer General Manager 814-946-8271 hreimer@asdcats.com</p> <p>USDA is an equal opportunity provider and employer.</p> | <p>3</p> <p>Popcorn Chicken with a Dinner Roll</p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p> | <p>4</p> <p>Loaded Nachos</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p> | <p>5</p> <p>Cheeseburger</p> <p>French Fries Green Peas Choice of Fruit Choice of Milk</p> | <p>6</p> <p>Pasta with Meat Sauce</p> <p>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</p> | <p>7</p> <p>Cheese Pizza Sticks with Sauce</p> <p>Steamed Corn Italian Salad Choice of Fruit Choice of Milk</p> |
| | <p>10</p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p> | <p>11</p> <p>Walking Taco Mexican Rice</p> <p>Cucumber Slices Cherry Tomatoes Choice of Fruit Choice of Milk</p> | <p>12</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Green Peas Red Pepper Strips Choice of Fruit Choice of Milk</p> | <p>13</p> <p>Corn Dog</p> <p>Baked Beans Broccoli Salad Choice of Fruit Choice of Milk</p> | <p>14</p> <p>HOLIDAY MEAL</p> <p>Turkey with Stuffing Mashed Potatoes Corn Choice of Fruit Choice of Milk</p> |
| <p>17</p> <p>Chicken Patty Sandwich</p> <p>Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p> | <p>18</p> <p>Crunchy Tacos</p> <p>Steamed Carrots Baked Beans Choice of Fruit Choice of Milk</p> | <p>19</p> <p>Cheeseburger</p> <p>French Fries Italian Salad Choice of Fruit Choice of Milk</p> | <p>20</p> <p>General Tso's Chicken over Rice</p> <p>Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p> | <p>21</p> <p>NO SCHOOL</p> <p>INSERVICE</p> | |
| <p>24</p> <p>NO SCHOOL</p> | <p>25</p> <p>NO SCHOOL</p> | <p>26</p> <p>NO SCHOOL</p> | <p>27</p> <p>NO SCHOOL</p> | <p>28</p> <p>NO SCHOOL</p> | |
| | | | | | |
| <p>31</p> <p>NO SCHOOL</p> | | | | <p>Nutritious Friend of the Month is...</p> <p>Red Beets</p> | |

