

AASD JR HIGH MENU

MARCH



What makes a complete meal?

- 3 of the 5 components
- At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?

- Meat or Meat Alternate
- Grain / Bread
- Vegetable
- Fruit
- Milk

Choices of Fruit may include:

100% juice; apple, grape, orange, fruit punch, fresh fruit; apples, bananas, oranges, pears, strawberries, melons, canned fruit; applesauce, pears, peaches, mixed fruit, or applesauce cups, strawberry cups, peach cups, dried cranberries, raisins.

Choice of Milk may include:

Skim, 1% white, fat-free or low fat chocolate, strawberry, vanilla

Other Meal Options May Include:

PB&J Jamwich or Fruit & Yogurt w/ String Cheese & Crackers, Chef Salad w/ Dressing, Ham and Cheese Hoagie, Turkey and Cheese Hoagie

Nutritious Friend of the Month is.....



Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Tenders with Buttered Noodles</p> <p>Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Soft or Crunchy Tacos, Cheesy Refried Beans, Red Pepper Strips</p>	<p>4</p> <p>Philly-style Cheesesteak on a Baguette with choice of toppings</p> <p>Green Beans Baby Carrots</p>	<p>5</p> <p>Rotini Pasta with Meat Sauce, Breadstick, Mixed Veggies Italian Salad</p>	<p>6</p> <p>Cheese Pizza Dippers with Sauce Steamed Corn Caesar Salad</p>
<p>9</p> <p>BBQ Pulled Pork on a Ciabatta Roll, Baked Beans, Steamed Broccoli</p>	<p>10</p> <p>Breakfast for Lunch Pancakes, Sausage Patties Tater Tots, Baby Carrots</p>	<p>11</p> <p>Bacon Cheeseburger</p> <p>French Fries Green Beans Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Back by popular Demand!</p> <p>Chicken Mashed Potato Bowl</p>	<p>13</p> <p>Secondary Conferences</p> <p>NO SCHOOL</p>
<p>16</p> <p>Meatballs & Cheese on a Baguette Green Beans Italian Salad</p>	<p>17</p> <p>General Tso's Chicken with Rice</p> <p>Steamed Broccoli</p>	<p>18</p> <p>Barbecued Rib Sandwich</p> <p>French Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Toasted Cheese Sandwich, Tomato Soup Green Beans</p>	<p>20</p> <p>Italian Dunkers with Sauce</p> <p>Steamed Corn Caesar Salad Choice of Fruit Choice of Milk</p>
<p>23</p> <p>Chicken Tenders with Buttered Noodles</p> <p>Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Wild Walking Taco Mexican Rice Mixed Veggies Red Pepper Strips</p>	<p>25</p> <p>Mini Corn Dogs Steamed Corn</p>	<p>26</p> <p>FISH STICKS FRENCH FRIES GREEN BEANS</p>	<p>27</p> <p>Cheese of Pepperoni Pizza</p> <p>Steamed Broccoli Italian Salad</p>
<p>30</p> <p>Rodeo Burger</p> <p>Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Sloppy Joes French Fries Baked Beans</p>	<p>HELP WANTED: We are in need of cafeteria staff ! Work 4-6 hours daily. Weekends, evenings and holidays off. Come join our team! For more information please call Heather @ 505-1512.</p>		