

November 2018

Junior High Lunch Menu

Thursday	1	Buffalo Chicken and Cheese Wrap, Steamed Broccoli, Baby Carrots
Friday	2	Toasted Cheese Sandwich, Tomato Soup, Cucumber Slices
Monday	5	Parmesan Popcorn Chicken, Green Peas, Baby Carrots
Tuesday	6	Hard Shell Tacos, Refried Beans, Tomato Salad
Wednesday	7	Chicken Mashed Potato with Dinner Roll, Mashed Potatoes, Steamed Corn
Thursday	8	Pasta with Meat Sauce and breadstick, Roasted Zucchini, Caesar Salad
Friday	9	Italian Dunkers, Steamed Carrots, Cucumber Slices
Monday	12	NO SCHOOL – VETERANS DAY
Tuesday	13	General Tso’s chicken, Steamed Broccoli, Red Pepper Strips
Wednesday	14	Barbecue Rib Sandwich, Baked Beans, Baby Carrots
Thursday	15	Smothered Steak Hoagie, Roasted Potatoes, Cucumber Salad
Friday	16	HOLIDAY MEAL Turkey, Stuffing, Mashed Potatoes, Steamed Corn
Monday	19	Hot Ham and Cheese on a Pretzel Roll, Green Beans, Baby Carrots
Tuesday	20	Chicken Fajita Wrap, Baked Beans, Steamed Corn
Wednesday	21	Cowboy Burger, Potato Salad, Glazed Carrots
Thursday	22	NO SCHOOL - THANKSGIVING
Friday	23	NO SCHOOL
Monday	26	NO SCHOOL
Tuesday	27	Tacos on Soft Tortillas, Baked Beans, Tomato Salad
Wednesday	28	Rodeo Chicken Sandwich, Green Peas, Steamed Corn
Thursday	29	Pasta with Meat Sauce, Breadstick, Roasted Zucchini, Romaine Salad
Friday	30	Meat Lovers Pizza, Steamed Broccoli, 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. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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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

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.

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