

October 2018



AASD Junior High Lunch Menu

What is a Meal?

A minimum of 3 of the 5 components
At least 1/2 cup serving of fruit or vegetable must
be selected to make a meal

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)

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears,
peaches, cantaloupe, melon, strawberries,
applesauce, pineapple, mandarin oranges, 100%
fruit juice

Grill Selections May Include:

Hamburger, Cheeseburger,
Chicken Patty, Spicy Chicken Patty,
Chicken Nuggets, Grilled Cheese

Deli Selections May Include:

Turkey, Ham, Buffalo Chicken on
Wraps, Hoagies, or Flatbread

Pizza Selections May Include:

Cheese, Pepperoni, Buffalo Chicken Pizza,
Stuffed Crust Pizza

Fresh Salads May Include:

Chicken Caesar
Chopped Garden
Buffalo Chicken
Crispy Chicken




Lunch Prices:

Student \$2.05
Reduced \$.40
Adult \$3.05

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USDA is an equal opportunity
provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball and Cheese Hoagie Steamed Corn Italian Salad Choice of Fruit Choice of Milk	2 General Tso Chicken Over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	3 Walking Taco with Mexican Rice Baked Beans Baby Carrots Choice of Fruit Choice of Milk	4 HARVEST FEST Hamburgers and Hotdogs French Fries Steamed Corn Choice of Fruit Choice of Milk	5 Cheese Pizza Sticks with dipping sauce Steamed Carrots Green Beans Choice of Fruit Choice of Milk
8 Hot Ham and Cheese on a Pretzel Roll Green Beans Baby Carrots Choice of Fruit Choice of Milk	9 Chicken Fajita Wrap Baked Beans Steamed Corn Choice of Fruit Choice of Milk	10 Cowboy Burger Cheese, Onion Rings, BBQ Roasted Potatoes Glazed Carrots Choice of Fruit Choice of Milk	11 Chicken Alfredo over Penne Pasta Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk	12 No Secondary Parent/Teacher Conferences
15 Parmesan Popcorn Chicken Green Beans Baby Carrots Choice of Fruit Choice of Milk	16 Tacos on a Soft Tortilla Baked Beans Glazed Carrots Choice of Fruit Choice of Milk	17 Chicken Mash Potato with a Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	18 Pasta with Meat Sauce with a Breadstick Roasted Zucchini Romaine Salad Choice of Fruit Choice of Milk	19 Meat Lover's Pizza Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk
22 Bacon Cheeseburger Cheesy Potatoes Steamed Carrots Choice of Fruit Choice of Milk	23 General Tso Chicken Over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	24 Walking Taco with Mexican Rice Baked Beans Baby Carrots Choice of Fruit Choice of Milk	25 Hot Ham and Cheese on a Pretzel Roll Steamed Corn Celery Sticks Choice of Fruit Choice of Milk	26 No School - Inservice 
29 BBQ Chicken Hoagie Green Beans Celery Sticks Choice of Fruit Choice of Milk	30 Loaded Nachos with a Dinner Roll Baked Beans Mexicali Corn Choice of Fruit Choice of Milk	31 Pancakes with Sausage Roasted Potatoes Baby Carrots Choice of Fruit Choice of Milk	Nutritious Friend of the Month 	