



Athens Area High School CAFETERIA MENU, 1/23—2/24/2012 ^{v12/12}

Ali Bennett, R.D., Food Service Director
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570-888-7766 X1256
Check the Cafeteria pages at
www.athensasd.k12.pa.us



Offered Daily:

- Chicken Patty on a Bun
- Hamburger on a Bun
- Spicy Buffalo Patty/Bun

Each grill entrée is served on a wholegrain bun with choice of vegetable, fruit and low fat milk.



Available Daily! SUBS:

Ham and Turkey and a choice of one or two others, including tuna and egg salad.

Peanut Butter & Jelly Sandwich.

Each sandwich or sub is served with choice of vegetable, fruit and low fat milk.

CHEF SALADS:

Ham, Chicken, Turkey, & Vegetarian served w/ choice of reduced fat dressings.

A wholegrain bread product, fruit and low fat milk are offered with all chef salads.



- 1/23— **Lemon Chicken w/Bread or Grilled Cheese** — Tomato Soup—Peas — Applesauce
- 1/24— **Pasta/Meat sauce & Garlic Bread or Grinder** — Green Beans — Peaches
- 1/25— **Jumbo Corndog w/Bread or BBQ Rib/Bun or Stromboli** — Fries — Pineapple
- 1/26 - **Mashed Potato Bowl** (mashed potatoes, popcorn chicken, corn, gravy) **w/ Bread Slice or Ham/Cheese Cosmo** - Corn - Mandarin Oranges
- 1/27 - **Hard or Soft Shell Tacos or Tuna Melt** - Baked Beans — Mixed Fruit

- 1/30— **Chili Con Carne/Crackers or Turkey/Cheese Melt** — French Fries — Pear Slices
- 1/31 - **Corndog Minis/Bread or Ham BBQ or Stromboli** — Carrots - Pineapple
- 2/1 — **Macaroni & Cheese w/Bread or Hotdog/Bun** — Steamed Peas — Applesauce
- 2/2 — **Chicken Nachos or Sloppy Joe/Bun** — Red Beans & Rice — Mandarin Oranges
- 2/3 — **Pork Cutlet w/Gravy and Roll or Meatball Sub** — Mashed Potatoes — Peaches

- 2/6— **Spaghetti and Meat Sauce w/Garlic Bread or Tuna Melt** - Green Beans - Pineapple
- 2/7— **Pan Pierogie or Chicken Fajita Wrap** — Glazed Carrots — Mixed Fruit
- 2/8 - **Taco Salad or Turkey/Cheese Melt or Stromboli** — Refried Beans — Peaches
- 2/9— **Buffalo Chicken Casserole w/Roll or Hotdog/Bun** — Corn — Applesauce
- 2/10— **Breaded Fish Filet/Bread or Italian Grinder** — Potato Wedges — Fruited Gelatin

- 2/13 - **Swedish Meatballs/Noodles or BBQ on a Bun** — Carrots — Mandarin Oranges
- 2/14 - **Friends' French Toast/Honey Ham Slice or Romantic Rib Patty/Bun** — Heavenly Hash Browns - Rosy Applesauce — Valentine Treat
- 2/15 — **Chicken Nuggets w/ Herbed Rice or Hotdog/Bun** — Green Beans — Pears
- 2/16— **Manager's Choice Main Dishes** — Steamed Peas — Fruit Medley
- 2/17 - **NO SCHOOL.**

- 2/20— **NO SCHOOL.**
- 2/21— **Ham Quesadilla or Grilled Cheese** — Tomato Soup — Potato Wedges - Peaches
- 2/22— **Cheese Omelet/Toast or Hotdog/Bun or Stromboli** — Glazed Carrots—Pears
- 2/23— **Chicken Parmesan w/Pasta or Hot Turkey Wrap** — Green Beans — Applesauce
- 2/24 — **Beef Burritos or Tuna Melt** — Fiesta Rice — Steamed Corn — Pineapple Tidbits

Fresh fruits and vegetables are offered daily, along with whole-grain bread products. Low fat Milk is served with all meals.

Lunch Prices- Paid: \$2.35, Reduced \$0.40, Adult \$3.00, Milk \$0.50

Menu is subject to change. Items with ground meat may have a combination of ground beef & turkey.

Thank you for paying for your meal before or when you are served. If you owe money to the cafeteria account, you cannot purchase "supers," snacks, or ala carte beverages.



Available daily:
Assorted Cereal With Toast Or Ultimate Breakfast Round
Daily Specialties of the month:
Monday: Breakfast Pizza
Tuesday: Cheesy Bagel
Wednesday: Cinnamon Bun
Thursday: Breakfast Hot Pocket
Friday: Pancakes w/Syrup
Breakfast is served with choice of Fruit Juice or Fruit & Low Fat Milk.

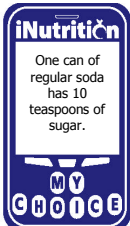
Breakfast Prices
Paid—\$1.00 Reduced—\$0.30
Adult \$1.50



HOMEMADE PIZZA
MADE DAILY,
STROMBOLI once a WEEK!
We offer Plain, Pepperoni, Garlic and at least one specialty pizza every pizza day!
All are served with a choice of vegetable, fruit and milk.



We offer 2% , Skim, and 1% flavored milk daily. Additional nutritious beverages are available ala carte.



Heart Health Benefits of Dark Chocolate: A small bar of it daily can help keep your heart running well.

Benefits of dark chocolate are
Lower Blood Pressure and Lower Cholesterol.

