



# AASD'S HARLAN ROWE JUNIOR HIGH SCHOOL MENU, 2/27—3/30/12

2/20/12

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Check the Cafeteria pages at  
www.athensasd.k12.pa.us



## DAILY ALTERNATES FOR THE MONTH:

- Mon.:** Turkey Cheese Melt on a Bun
- Tues.:** Hotdog on a Bun
- Wed.:** Chicken Patty on a Bun
- Thurs.:** Ham or Pork BBQ on a Bun
- Fri.:** Grilled Cheese Sandwich

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



## Available Daily:

### HOAGIES and WRAPS

Ham, Turkey and one or two other choices including tuna salad and Italian subs.

### Peanut Butter & Jelly Sandwich

### CHEF SALADS

Ham, Chicken, Turkey, & Vegetarian served w/ choice of reduced fat dressings.  
All of the above are served with wheat or white bread, fruit and low fat milk.

It's NATIONAL  
NUTRITION  
MONTH!



3/5—9 is  
National School  
Breakfast Week!

- 2/27 — **Cheesesteak Wrap** — Baked French Fries — Peach Slices
- 2/28 — **Swedish Meatballs/Bread** — Mashed Potatoes — Fruited Gelatin
- 2/29 — **Buffalo Chicken Casserole with Dinner Roll** — Peas — Applesauce
- 3/1 — **Pizza Possibilities** - Carrot Coins - Mixed Fruit
- 3/2 - **Pierogie Casserole w/Bread Slice** — Tomato Soup — Green Beans — Pears  
*READ ACROSS AMERICA! Dr. Seuss' Lorax Lucky Tray Day!*

- 3/5 - **Beef Nachos with Fiesta Rice** — Whole Kernel Corn — Mixed Fruit
- 3/6 - **Chicken Nuggets with Bread Slice** - Glazed Carrots - Diced Pears
- 3/7 - **Turkey Ala King/Bread** - Sweet Potatoes — Pineapple Tidbits
- 3/8 - **Sloppy Joe/Bun** — Potato Rounds — Chilled Peaches
- 3/9 - **Stromboli Specials** — Green Beans — Mandarin Oranges

- 3/12 - **Wildcat Beef & Bean Bake/Roll** — Steamed Peas — Pears
- 3/13 - **Roast Pork w/Gravy and Bread** — Mashed Potatoes - Apple Slices
- 3/14 - **Taco Casserole w/Bread** - Whole Kernel Corn - Chilled Pears
- 3/15 - **Turkey Chop Suey/Rice** - Green Beans - Mixed Fruit
- 3/16 — **Chicken Cacciatore/Pasta w/Garlic Bread** — Spinach — Lime Applesauce  
*GO FOR THE GREENS DAY! Come try free samples of green vegetables and enter our Annual Fruit and Vegetable Trivia Contest to win prizes!*

- 3/19 - **Mini Corndogs/Bread** - Baked French Fries — Chilled Pears
- 3/20 — **Penne w/Meat Sauce and Garlic Bread** - Green Beans — Pineapple Tidbits
- 3/21 - **Pizza Possibilities** - Carrot Coins — Flavored Applesauce
- 3/22 - **Macaroni & Cheese w/Bread** — Steamed Peas - Mandarin Oranges
- 3/23 — **Taco Salad w/Red Beans and Rice** — Whole Kernel Corn — Peach Slices

- 3/26 — **French Toast Sticks w/Ham Slice** — Potato Rounds — Applesauce
- 3/27 - **Pork Fried Rice** — Green Beans - Diced Pears
- 3/28 — **Beef Lasagna/Garlic Bread** — Steamed Peas — Mandarin Oranges
- 3/29 — **Mashed Potato Bowl/Bread** - Whole Kernel Corn — Peach Slices
- 3/30 — **Cheese or Ham/Cheese Omelet Toast** — Glazed Carrots — Mixed Fruit

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**

*Menu is subject to change. Items containing ground meat may include ground turkey and beef.  
Menu items prepared with ground meat may have a combination of ground beef and low-fat ground turkey.*



Available daily:  
Assorted Cereal With Wheat Toast Or  
Healthier Breakfast Pastry Choice

### Daily Specialties of the month:

**Monday:** Waffles w/Syrup

**Tuesday:** Cheesy Bagel

**Wednesday:** Ultimate Breakfast Round  
French Toast/Syrup

**Thursday:** Scrambled Eggs/Toast

**Friday:** Breakfast Pizza

Breakfast is served with choice of Fruit Juice  
or Fruit & Low Fat Milk.

### Breakfast Prices

**Paid—\$1.00 Reduced—\$0.30  
Adult \$1.50**

*On Friday, March 16, we are joining  
other schools in Pennsylvania for a  
celebration of green fruits and  
vegetables! You will have a chance*



*to try vegetable  
and fruits that  
might be new to  
you! Free  
samples at lunch  
and a trivia  
contest for prizes!*



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



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