



AASD'S HARLAN ROWE JUNIOR HIGH SCHOOL CAFETERIA MENU, 1/23—2/24/12

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



DAILY ALTERNATES FOR THE MONTH:

- Mon.:** Chicken Patty/Bun
- Tues.:** Hotdog on a Bun/
- Wed.:** Grilled Chicken/Bun
- Thurs.:** BBQ Rib Patty on a Bun
- Fri.:** Grilled Cheese Sandwich

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



Available Daily:

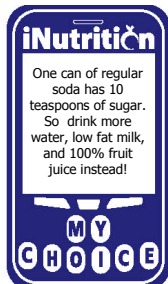
SUBS and WRAPS

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 bread slice or roll, fruit and low fat milk.



www.gotoinnutrition.com



Save time and money—
have
breakfast in the café!

- 1/23— Ham Or Cheese Omelet/Toast — Potato Rounds — Mandarin Oranges
- 1/24 — Buffalo Chicken Casserole — Steamed Peas — Pineapple Tidbits
- 1/25 — Mini Corndogs w/Bread Slice - Refried Beans — Pear Slices
- 1/26 - Meatloaf/Gravy with Dinner Roll - Mashed Potatoes - Gelatin Applesauce
- 1/27 - Sloppy Joe on a Bun— Steamed Corn - Peach Slices

- 1/30 – Chicken Parmesan w/Pasta and Garlic Bread — Green Beans — Pears
- 1/31– Macaroni & Cheese with Bread Slice - Steamed Peas – Mandarin Oranges
- 2/1 - Taco Salad w/Fiesta Rice - Broccoli Cuts — Fruited Gelatin
- 2/2 – Cheesesteak Wrap - Potato Rounds - Pineapple Tidbits
- 2/3 – SUPER Mashed Potato BOWL (mashed potatoes, popcorn chicken, corn and gravy) with Backfield Bread Slice - Quarterback Corn — All Star Applesauce

SCORE a TOUCHDOWN treat with every lunch, and be entered in our SUPERBOWL Giveaway for prize-filled sports bag!



- 2/6 - Ham and Cheese Quesadilla — Baked French Fries — Chilled Peaches
- 2/7– Meat Sauce over Penne Pasta w/ Garlic Bread - Broccoli - Applesauce
- 2/8 - Pan Pierogie with Dinner Roll — Carrot Coins — Fruited Gelatin
- 2/9 – Breaded Pork Cutlet with Gravy — Mashed Potatoes — Pineapple Tidbits
- 2/10 — Pizza Possibilities — Green Beans — Sliced Pears

- 2/13 — Swedish Meatballs with Bread Slice — Mashed Potatoes — Fruit Cocktail
- 2/14 — Spicy Chili w/Pasta— Cupid's Corn — Rosy Pears — Valentine Treat
- 2/15 — French Toast Sticks w/Sausage Links — Potato Rounds — Applesauce
- 2/16 - Manager's Choice Entrees - Refried Beans – Chilled Peaches
- 2/17 - NO SCHOOL.

- 2/20 - NO SCHOOL.
- 2/21– Sweet and Sour Chicken over Rice - Green Beans — Mandarin Oranges
- 2/22— Macaroni and Cheese w/Dinner Roll — Stewed Tomatoes – Applesauce
- 2/23 — Popcorn Chicken w/Red Beans and Rice - Corn — Peach Slices
- 2/24 — Tuna Casserole with Bread Slice — Steamed Peas — Chilled Pears

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 Toast Or
Healthier Breakfast Pastry Choice

Daily Specialties of the month:

Monday: Waffles w/syrup

Tuesday: Cheesy Bagel

Wednesday: Ultimate Breakfast Round

Thursday: French Toast/Syrup

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



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!

Chocolate isn't as bad for you as we once thought. The fat in chocolate contains stearic acid that has neutral effect on cholesterol. So enjoy moderate portions of chocolate a few times per week and other flavonoid-rich foods like apples, tea, onions & cranberries.



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