




# Athens Area High School CAFETERIA MENU, 2/27—3/30/12

2/20/12

Ali Bennett, R.D., Food Service Director  
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Check the Cafeteria pages at [www.athensasd.k12.pa.us](http://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 & WRAPS

Ham and Turkey and a choice of one or two others, including tuna and egg salad. Also available daily is a Peanut Butter and 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.



- 2/27 — Corndog Minis/Bread or Ham BBQ/Bun — Potato Rounds — Apple Slices
- 2/28 — Buffalo Chicken Casserole/Bread or Turkey Cheese Melt — Peas — Peaches
- 2/29 — Meatballs Royale w/Roll or Sausage Sandwich or Stromboli — Green Beans - Diced Pears
- 3/1 - Beef Tacos or Hotdog/Bun and Red Beans & Rice - Corn - Flavored Applesauce
- 3/2 - Pierogie Casserole/Bread or Italian Grinder - Carrot Coins — Pineapple Tidbits
- 3/5- Spicy Nachos or Turkey Cheese Melt — Fiesta Rice — Corn — Pears
- 3/6 — Chicken Nuggets/Bread or Rib Patty on a Bun or Stromboli - French Fries — Cinnamon Apple Slices
- 3/7 - Granny's Ham Casserole/Bread or Grilled Cheese — Tomato Soup — Peas— Chilled Fruit Cocktail
- 3/8 — Penne Pasta w/Meat Sauce & Garlic Bread or Chicken Fajita Wrap — Steamed Green Beans — Applesauce
- 3/9 — Roast Pork w/Gravy & Roll or Tuna Melt — Mashed Potatoes — Peach Slices

- 3/12- Scalloped Potatoes & Ham/Bread Slice or Cheesesteak — Carrots— Pears
  - 3/13- Chicken Parmesan/Pasta or Turkey BBQ/Bun — Corn — Mandarin Oranges
  - 3/14 - Fish Shapes/Roll or Meatball Sub or Stromboli - Peas — Peaches
  - 3/15- Shepherd's Pie/Bread or Sausage/Bun - Baked Beans — Fruit Cocktail
  - 3/16— Cheese or Veggie Omelet/Toast or Turkey Cheese Melt - Herbed Rice — Italian Green Beans — Lime-flavored Applesauce
- GO FOR THE GREENS DAY! Free samples of green veggies, and prizes for entering our annual Fruit and Vegetable Trivia Contest! Come join the fun!*

- 3/19 - Swedish Meatballs/Pasta or Hotdog/Bun— Mashed Potatoes -Pears
- 3/20 — Chicken Quesadilla or Rib Patty/Bun or Stromboli - Baked Fries — Pineapple
- 3/21 - Pork Fried Rice or Italian Grinder - Green Beans — Fruited Gelatin
- 3/22 – Wildcat Beef & Bean Bake/Bread or Turkey Ranch Wrap – Corn - Peaches
- 3/23 - Macaroni & Cheese/Roll or Ham/Cheese Cosmo — Peas — Mandarin Oranges
- 3/26— French Toast Sticks/Ham Slice or Fajita Wrap — Potato Rounds — Apple Slices
- 3/27— Corndog Minis/Rice or Sausage/Bun or Stromboli — Baked Beans — Pineapple
- 3/28 — Mashed Potato Bowl/Bread or Hotdog/Bun — Corn – Diced Pears
- 3/29 — Taco Salad or Turkey Cheese Melt and Fiesta Rice — Green Beans — Peaches
- 3/30 — Broccoli/Cheese Baked Potato or Pulled Pork BBQ — Broccoli — 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, 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



Available daily:  
Assorted Cereal With Toast Or  
Ultimate Breakfast Round

**Daily Specialties of the month:**  
**Monday:** Breakfast Pizza  
**Tuesday:** Cheesy Bagel  
**Wednesday:** Pancakes/Syrup  
**Thursday:** Sausage Patty/Bun  
**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**



**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 low fat milk.



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



www.gotoinnutrition



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