



CELEBRATE NATIONAL NUTRITION MONTH! Eat fresh and eat well!

AASD SRU & Elementary Schools MENU, 2/27—3/30/2012

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Check our CAFETERIA page at
www.athensasd.k12.pa.us

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Mon.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/27 Sloppy Joe/Bun Hotdog/Bun Cowboy Beans Peach Slices Choice of Low Fat Milk	2/28 Chicken Nuggets Bread Slice Ham BBQ on a Bun Whole Kernel Corn Fruited Gelatin Choice of Low Fat Milk	2/29 Roast Pork w/Gravy Dinner Roll Hamburger on a Bun Mashed Potatoes Cinnamon Apple Slices Choice of Low Fat Milk	3/1 Beef or Chicken Tacos Turkey Ranch Wrap Red Beans and Rice Steamed Peas Pineapple Tidbits Choice of Low Fat Milk	3/2 Dr. Seuss Day!!! Lorax Beef Lasagna The Glunk's Garlic Bread Grinch's Grilled Cheese Lorax Lima Beans Oobleck Oranges Parcifal's Pudding Max's Low Fat Milk
3/5 Chicken Cacciatore with Pasta and Garlic Bread Turkey/Cheese Melt Steamed Peas Mandarin Oranges Choice of Low Fat Milk	3/6 PIZZA PARTY! Tuna Melt Steamed Green Beans Flavored Applesauce Choice of Low Fat Milk	3/7 Taco Casserole w/Bread Hotdog on a Bun Baked French Fries Chilled Pears Choice of Low Fat Milk	3/8 Turkey Chow Mein Steamed Rice Chicken Patty on a Bun Glazed Sweet Potatoes Mixed Fruit Choice of Low Fat Milk	3/9 Macaroni & Cheese Hamburger on a Bun Stewed Tomatoes Fruited Gelatin Choice of Low Fat Milk
IT'S NATIONAL SCHOOL BREAKFAST WEEK!				
3/12 Corndog Minis/Bread Ham and Cheese Cosmo Whole Kernel Corn Chilled Peaches Choice of Low fat Milk	3/13 Spaghetti w/Meatsauce Garlic Bread Sausage Patty Sandwich Steamed Broccoli Sliced Pears Choice of Low Fat Milk	3/14 PIZZA PARTY! Turkey Ranch Wrap Steamed Green Beans Flavored Applesauce Choice of Low Fat Milk	3/15 Granny's Ham Casserole Bread Slice Chicken Patty on a Bun Sweet Potatoes Peach Slices Choice of Low Fat Milk	3/16 Cheese Omelet/Toast Hotdog on a Bun Hash Brown Potato Rounds Green Apple Slices Choice of Low Fat Milk
3/19 Scalloped Potatoes and Ham with Bread Grilled Chicken /Bun Steamed Peas Pineapple Tidbits Choice of Low Fat Milk	3/20 French Toast Sticks Baked Ham Slice Turkey Cheese Melt Potato Puffs Cinnamon Apple Slices Choice of Low Fat milk	3/21 Penne Pasta w/Meatsauce Garlic Bread Hotdog/Bun Steamed Carrots Fruit Cocktail Choice of Low Fat Milk	3/22 Chicken Fajita Nachos Pulled Pork BBQ on a Bun Fiesta Rice Baked Beans Fruited Gelatin Choice of Low Fat Milk	3/23 PIZZA PARTY Tuna Melt Whole Kernel Corn Chilled Peaches Choice of Low Fat Milk
3/26 Buffalo Chicken Casserole\ Bread Slice Italian Grinder Glazed Carrot Coins Chilled Pears Choice of Low Fat Milk	3/27 Mini Corndogs w/Bread Italian Grinder Steak Fries Pineapple Tidbits Choice of Low Fat Milk	3/28 Mashed Potato Bowl w/ chicken, corn, gravy Hot Ham/Cheese Wrap Corn, Mandarin Oranges Choice of Low Fat Milk	3/29 Hard or Soft Shell Taco Hotdog on a Bun Steamed Green Beans Chilled Applesauce Choice of Low Fat Milk	3/30 Fish Nuggets w/Bread Herbed Rice Chicken Patty on a Bun Steamed Broccoli Mixed Fruit Choice of Low Fat Milk

BREAKFAST MENU
Special offering and prizes at breakfast
3/5—3/9!

Mon.— Pancakes/syrup
Tues. - Bagels or Breakfast Pizza
Wed.— Ultimate Breakfast Round
Thurs.— Scrambled Eggs
Fri. - Breakfast Pizza
Assorted whole grain cereals and toast are offered daily, along with 100% fruit juice and low fat milk!

DELI SANDWICH SPECIAL

WEEK 1 Tuna Salad on Bread
WEEK 2 Ham & Cheese on Bread
WEEK 3 Turkey and Cheese on Bread
WEEK 4 Italian Sub on a Bun
WEEK 5 Turkey Salad on Bread

Offered at lunch every day:
Peanut Butter & Jelly Sandwich and Chef Salads along with fresh fruit, fresh vegetable, and wholegrain bread selections. Students must choose 3 of 5 meal components for a reimbursable school meal.



This menu is subject to change. Menu items containing ground meat may have a mixture of ground beef and ground turkey.



www.gotoinnutrition.com

MEAL PAYMENT: Please make payment for meals in advance or upon purchase. You can monitor a child's cafeteria account on-line: go to the Athens website, click on "Cafeteria News", then sign up for MY SCHOOL ACCOUNT using your child's Athens school ID#. If paying at school, please put the payment in an envelope and mark the envelope with the child's name, date, room, and amount in envelope. **MEAL PRICES:** Paid Breakfast: \$1.00, Reduced Breakfast \$.30; Paid Lunch: \$2.10, Reduced Lunch: \$.40; Milk \$.50. THANKS!



CAFETERIA HAPPENINGS!
MARCH is NATIONAL NUTRITION MONTH!

We will be celebrating all month with educational events and materials!
Friday March 2 is Read Across America Day—celebrate Dr. Seuss!
March 5—9 is National School Breakfast week. Come in for prizes and promotions!