


Remember that we offer breakfast every morning! Have breakfast at school!



AASD SRU & Elementary Schools MENU, 1/23—2/24/12

Ali Bennett, R.D., Food Service Director
888-7766 X1256,
abenett@athensasd.k12.pa.us.
Check our CAFETERIA page at
www.athensasd.k12.pa.us



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1/23 Pasta with Meat Sauce Garlic Bread Ham & Cheese Melt Green Beans Mandarin Oranges Choice of Low Fat Milk | 1/24 Pierogie Casserole Bread Slice Hamburger on a Bun Steamed Peas Peach Slices Choice of Low Fat Milk | 1/25 Chicken Nuggets Wholegrain Rice Hotdog/Bun Golden Potato Rounds Flavored Applesauce Choice of Low Fat Milk | 1/26 Corndog Minis/Bread Grilled Cheese Tomato Soup Glazed Carrots Fruited Gelatin Choice of Low Fat Milk | 1/27 Homemade Pizza BBQ Rib on a Bun Whole Kernel Corn Chilled Pears Choice of Low Fat Milk |
| 1/30 Swedish Meatballs Bread Slice Chicken Patty on a Bun Mashed Potatoes Pineapple Tidbits Choice of Low Fat Milk | 1/31 Beefy Nachos Fiesta Rice Sausage/Cheese on a Bun Baked Beans Flavored Applesauce Choice of Low Fat Milk | 2/1 Granny's Ham Casserole Bread Slice Grilled Cheese Sandwich Steamed Green Beans Peach Slices Choice of Low Fat Milk | 2/2 Popcorn Chicken w/ Bread Slice Ham BBQ on a Bun Whole Kernel Corn Mandarin Oranges Choice of Low Fat Milk | 2/3 Turkey Cheese Wrap Sloppy Joe on a Bun Carrot Coins Fruit Cocktail Choice of Low Fat Milk |
| 2/6 Waffles w/Syrup Sausage Patty Ham & Cheese Cosmo Potato Rounds Cinnamon Apple Slices Choice of Low Fat Milk | 2/7 DAIRY DAY! Macaroni & Cheese/Roll Grilled Cheese Sandwich Creamy Tomato Soup Steamed Peas Mixed Fruit, Pudding Choice of Low Fat Milk | 2/8 Jumbo Beef Taco Hotdog on a Bun Whole Kernel Corn Pineapple Tidbits Choice of Low Fat Milk | 2/9 Homemade Pizza Tuna Melt/Bun Green Beans Chilled Peaches Choice of Low Fat Milk | 2/10 Meatloaf/Gravy Chicken patty/Bun Bread Slice Mashed Potatoes Applesauce Choice of Low Fat Milk |
| 2/13 Sloppy Joe on a Bun Hotdog on a Bun Baked French Fries Mandarin Oranges Choice of Low Fat Milk | 2/14 Valentine's Day! Lover's Lasagna, Beautiful Garlic Bread, Gorgeous Grilled Chicken/Bun, Cupid's Carrot Coins, Rosy Pears, Valentine Cookie Choice of Low Fat Milk | 2/15 Pizza—Variety of Flavors! Cheeseburger on a Bun Broccoli Cuts Cinnamon Applesauce Choice of Low Fat Milk | 2/16 Manager's Choice Main Dish Sausage/Cheese on a Bun Corn Pineapple Tidbits Choice of Low Fat Milk | 2/17 NO SCHOOL! Dairy foods give us calcium for strong bones! |
| 2/20 NO SCHOOL!  Put some DAIRY in your Day! | 2/21 Corndog Minis/Bread Grilled Cheese Tomato Soup Steamed Peas Chilled Pears Choice of Low Fat Milk | 2/22 Tuna Noodle Casserole Bread Slice Cheeseburger on a Bun Glazed Carrots Peach Slices Choice of Low Fat Milk | 2/23 Pasta w/Meatsauce Italian Grinder Garlic Bread Green Beans Gelatin Apple Slices Choice of Low Fat Milk | 2/24 Ham Omelet OR Cheese Omelet w/Toast Chicken Patty on a Bun Potato Rounds Mandarin Oranges Choice of Low Fat Milk |

BREAKFAST MENU
All breakfasts include 100% juice and low fat milk
Mon.—Breakfast Pizza
Tues. - Sausage on a Bun
Wed. - Breakfast Pizza OR Breakfast Roll
Thurs.—Bagel w/cheese or cream cheese
Fri. - Breakfast Pizza Or Special of the Day

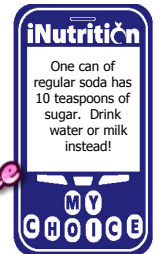
Plus, every day we offer a variety of whole grain cereals!

DAILY DELI SANDWICH

WEEK 1
Tuna Salad
WEEK 2
Ham/Cheese
WEEK 3
Chicken Salad
WEEK 4
Italian Sub
WEEK 5
Roast Turkey

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 with ground meat may have a mixture of ground beef and low-fat ground turkey.



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 & Menus", then on MENUS & 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, Red. Breakfast \$.30; Paid Lunch: \$2.10, Red. Lunch: \$.40; Milk \$.50



The Dairy Foods group provides lots of calcium for strong bones and teeth and protein too! Yogurt, cheese, milk, low fat pudding, frozen yogurt and foods made with these dairy foods are fun to try!

CAFETERIA HAPPENINGS!
Tuesday, February 7, is DAIRY DAY!
Celebrate the delicious fun of the Dairy Foods Group!
Tuesday, February 14, is VALENTINE'S DAY!
To celebrate, the YAC decided to give everyone getting a cafeteria lunch the gift of a free Valentine Cookie!