



ASHLAND CITY SCHOOLS—HIGH SCHOOL LUNCH MENU 2016/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternative Lunch Options: Chef Salads, Sandwich Wraps				
Pizza Day Choice of: Steamed Corn OR: Fruit of the Day	2 FOR TUESDAY 2 Chicken Fajita Wraps Choice of: Broccoli and Cheese OR: Fruit of the Day	Chicken Patty Sandwich Choice of: Steamed Green Beans OR: Fruit of the Day	Pasta Bar Fresh Tossed Salad Dinner Roll Fruit of the Day	Chicken Nuggets Choice of: Macaroni and Cheese OR: Fruit of the Day
Alternative Lunch Options: Chef Salads, Sandwich Wraps				
Cheeseburger Choice of: Baked Fries OR: Fruit of the Day	2 FOR TUESDAY 2 Chicken Tacos Choice of: Mexican Rice OR: Fruit of the Day	Salisbury Steak Sandwich Choice of: Steamed Green Beans OR: Fruit of the Day	Breakfast Wrap (Fluffy scrambled eggs, oven baked potatoes, sau- sage, cheese, and salsa in a warm tortilla) 100% Fruit Juice	Turkey and Gravy over Mashed Potatoes Dinner Roll Fruit of the Day
Alternative Lunch Options: Chef Salads, Sandwich Wraps				
Chicken Nuggets Choice of: Macaroni and Cheese OR: Fruit of the Day	2 FOR TUESDAY 2 Egg and Cheese Sliders Choice of: Baked Tater Tots OR: Fruit of the Day	Pizza Day Choice of: Fresh Tossed Salad OR: Fruit of the Day	Foot long Hot Dog Choice of: BBQ Baked Beans OR: Fruit of the Day	Sweet and Sour Chicken Over Rice Choice of: Steamed Broccoli OR: Fruit of the Day
Alternative Lunch Options: Chef Salads, Sandwich Wraps				
Chicken Patty Sandwich Choice of: Mashed Potatoes/Gravy OR: Fruit of the Day	2 FOR TUESDAY 2 Chicken Fajita Wraps Choice of: Steamed Green Beans OR: Fruit of the Day	Pasta Bar Fresh Tossed Salad Dinner Roll Fruit of the Day	Pancakes and Sausage Choice of: Baked Tater Tots OR: Fruit of the Day	Salisbury Steak Sandwich Choice of: Steamed Corn OR: Fruit of the Day
Alternative Lunch Options: Chef Salads, Sandwich Wraps				
Pizza Day Choice of: Fresh Tossed Salad OR: Fruit of the Day	2 FOR TUESDAY 2 Beef Tacos Choice of: Mexican Rice OR: Fruit of the Day	Foot long Hot Dog Choice of: BBQ Baked Beans OR: Fruit of the Day	Chicken Nuggets Choice of: Mashed Potatoes/Gravy OR: Fruit of the Day	Hot Ham and Cheese Sandwich Choice of: Steamed Sweet Carrots OR: Fruit of the Day

Student Breakfast: \$1.25
 Reduced Breakfast: \$.30
 Student Lunch: \$3.00
 Reduced Lunch: \$.40
 Adult Lunch: \$3.25
 Extra Milk: \$.50

Breakfast Menu:
 Monday: Maple Baked Waffles
 Tuesday: Egg and Cheese Sandwich
 Wednesday: Sausage Breakfast Pizza
 Thursday: Pancake on a Stick
 Friday: Egg and Bacon Breakfast Pizza

- Parents are encouraged to prepay for student's school meals using My Payments Plus available on the school's website (www.ashlandcityschools.org), by check or cash.
- Free and Reduced-price applications are available at the school office or online at www.ashlandcityschools.org.
- A choice of low fat white and flavored milk is included with each school meal.
- Menu is subject to change without notice.

What's for lunch today?
Follow the color coded calendar to our 5 week cycle menu

USDA is an equal opportunity provider and employer.

JANUARY 2017					FEBRUARY 2017					MARCH 2017					APRIL 2017					MAY 2017					JUNE 2017				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
2	3	4	5	6			1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5					
9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12					
16	17	18	19	20	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19					
23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26					
30	31				27	28				27	28	29	30	31						29	30	31							

