

AJSHS Lunch Menu

August/September 2023

Food Service Director: Tonya Conrad
724.857.7500 ext 4149



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fruit Variety Offered Daily

May include:

Apple Slices	Oranges
Apples	Bananas
Applesauce	Peaches
Pears	Mixed Fruit
Craisins	Raisins

Fresh Veggies Offered Daily

May Include:

Garden Side Salad	Broccoli Florets
Baby Carrots	Celery Sticks
Cauliflower	Garbanzo Beans
Salad Varieties	

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

FF Chocolate, FF Strawberry,
and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			24 Bacon Cheeseburger BBQ Baked Beans Fruit Choice Milk Choice	25 General Tso's Chicken w/Rice Carrots Fruit Choice Milk Choice
28 Beef & Cheese Loaded Fries w/Garlic Toast Corn Fruit Choice Milk Choice	29 Hunan Orange Dumplings w/Fried Rice Broccoli Fruit Choice Milk Choice	30 Pancakes & Sausage Patty Hash Brown Rounds Fruit Choice Milk Choice	30 Meatball Hoagie Green Beans Fruit Choice Milk Choice	31 Boneless Wings w/Garlic Toast Carrots Fruit Choice Milk Choice
4 No School—Labor Day	5 Korean Meatball Rice Bowl Green Beans Fruit Choice Milk Choice	6 Pizza Pasta Bake w/Garlic Toast Carrots Fruit Choice Milk Choice	7 Baked Potato Bar Broccoli Fruit Choice Milk Choice	8 Salisbury Steak w/Buttered Noodles Mashed Potatoes w/Gravy Fruit Choice Milk Choice
11 Chicken Fried Rice Peas Fruit Choice Milk Choice	12 Italian Dunkers w/Sauce Green Beans Fruit Choice Milk Choice	13 Dutch Waffle & Chicken Tater Tots Fruit Choice Milk Choice	14 Beef Nachos w/Cheese Sauce Refried Beans Fruit Choice Milk Choice	15 Chicken Bacon Ranch Panini Broccoli Fruit Choice Milk Choice
18 Sloppy Joe Sandwich Carrots Fruit Choice Milk Choice	19 Hot Turkey Sandwich w/Gravy Fries Fruit Choice	20 Asian Bar Oriental Veggies Fruit Choice Milk Choice	21 Buffalo Chicken Alfredo Broccoli Fruit Choice Milk Choice	22 Egg, Ham & Cheese Bagel Green Beans Fruit Choice Milk Choice
25 Hot Ham & Cheese on Pretzel Roll BBQ Baked Beans Fruit Choice Milk Choice	26 Chicken Parm w/Pasta Green Beans Fruit Choice Milk Choice	27 Queso Steak Sandwich Peas Fruit Choice Milk Choice	28 Grilled Cheese & Tomato Soup Carrots Fruit Choice Milk Choice	29 Beef & Cheese Walking Taco w/Fresh Bread Mexican Corn Salad Fruit Choice Milk Choice

Daily Entrees Available May Include

Cheese or Pepperoni Pizza , Breaded Chicken Sandwich, Cheeseburger, Garden Salad w/Egg & Cheese, Breaded Chicken Salad, Turkey & Cheese Hoagie, Ham & Cheese Hoagie, Chicken wrap, Italian Hoagie or Wrap and Peanut Butter & Jelly