

# AJSHS Lunch Menu

## February 2024

Food Service Director: Tonya Conrad  
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### 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
			1 No School	2 Italian Dunkers w/Pizza Sauce Green Beans Fries Fruit Choice Milk Choice
5 Asian Bar Oriental Veggies Fries Fruit Choice Milk Choice	6 Buffalo Chicken Alfredo Broccoli Fries Fruit choice Milk Choice	7 Egg, Ham & Cheese Bagel Fries Fruit Choice Milk Choice	8 Sloppy Joe Sandwich Carrots Fries Fruit Choice Milk Choice	9 Cheeseburger Pinwheel Green Beans Fries Fruit Choice Milk Choice
12 Teriyaki Chicken w/Rice Carrots Fries Fruit Choice Milk Choice	13 Chicken Tochos Broccoli Fries Fruit choice Milk Choice	14 Fish Sandwich Corn Fries Fruit Choice Milk Choice	15 Hot Ham & Cheese on Pretzel Bun Baked Beans Fries Fruit Choice Milk Choice	16 Mozzarella Sticks w/ Pizza Sauce Green Beans Fries Fruit Choice Milk Choice
19 No School	20 Chicken Parm W/Pasta Green Beans Fries Fruit Choice Milk Choice	21 Queso Steak & Cheese Sandwich Peas Fries Fruit Choice Milk Choice	22 Beef Walking Taco Corn Fries Fruit Choice Milk Choice	23 Grilled Cheese w/ Tomato Soup Fries Fruit Choice Milk Choice
26 Meatball Mashed Potato Bowl Corn Fries Fruit Choice Milk Choice	27 Chicken Parm Sandwich Green Beans Fires Fruit Choice Milk Choice	28 BBQ Pork Mac n Cheese w/Garlic Toast Carrots Fries Fruit Choice Milk Choice	29 Italian Stromboli Broccoli Fries Fruit Choice Milk Choice	1 Baja Fish Tacos Fries 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