

**FOOD SERVICE
DIRECTOR:
MILT MILLER**



ALTOONA AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU JANUARY 2010



Nutritious Definition of the Month:
CITRUS FRUITS:
These include: Oranges, Grapefruits, and Tangerines. Citrus fruits are rich in Vitamin C. It has been shown to aid in the treatment of anemia and stress.



Nutritious Friendly Snacks Offered Daily

Fruit Choice May Include:
Apple, Orange, Grapes, Banana, Pears, Applesauce, Peaches, Fruit Cocktail, Mandarin Oranges, Pineapples, or 100% Fruit Juice

Veggie Choice May Include:
Tossed Salad, Carrot Sticks, and Celery Sticks

ALTERNATES

- PB&J Sandwich
- Chef Salad with a Roll
- Italian Hoagie
- Pepperoni Hoagie
- Turkey Hoagie
- Ham Hoagie

"COMMISSABLES"
Trix Yogurt w/ a Cheese Stick
Smuckers PB&J Uncrustable
Scoops w/ Salsa & Cheese
Cereal with Cheese Sticks
PIZZA Commissable











LUNCH PRICES
STUDENT PAID \$1.50
STUDENT REDUCED \$0.40
ADULT \$3.00
Please Choose at least **3** of the **5** items offered for the school lunch price!
Meat / Meat Alternate, Fruit or Juice, Vegetable, Choice of Milk, and Bread
Whole Grain Rolls & Whole Grain Hot Pretzel Sticks Offered Daily
Chocolate & Vanilla Pudding Offered Daily
NEW THIS MONTH!
Chocolate Cake Day
Loaded Cheese Fries



MENU SUBJECT TO CHANGE!

THIS MONTH COMMISSIONER NUTRITION IS TRAVELING TO THE SOUTH TO INVESTIGATE: "FLORIDA CITRUS"



Monday	Tuesday	Wednesday	Thursday	Friday
				1 NO SCHOOL 
4 Hard Shell Tacos -OR- Chicken Patty on a Bun FEATURED FRUIT & VEGGIE Applesauce Broccoli Milk 3	5 Chicken Tender Wrap -OR- Hot Dog on a Bun FEATURED FRUIT & VEGGIE Mixed Fruit French Fries Milk 4	6 Hot Turkey Sandwich -OR- Mashed Potato Bowl with a Roll FEATURED FRUIT & VEGGIE Sliced Pears Mashed Potatoes / Corn Milk 5	7 Rigatoni w/ Meat Sauce & Bread -OR- Toasted Cheese Sandwich FEATURED FRUIT & VEGGIE Peaches Tossed Salad / Tomato Soup Milk 1	8 Egg & Cheese on Pretzel Bun -OR- Stuffed Crust Pizza FEATURED FRUIT & VEGGIE Cinnamon Apple Slices Tossed Salad Milk 2
NATIONAL MILK DAY! Chicken Fajita Grinder -OR- Nachos Grande with Cheese FEATURED FRUIT & VEGGIE Sliced Peaches Tater Tots Milk 3	12 Chicken Tenders with a Roll -OR- Meatball Hoagie FEATURED FRUIT & VEGGIE Pineapple Tidbits Green Beans Milk 4	13 Ham & Cheese on Pretzel Bun -OR- Chicken Nuggets FEATURED FRUIT & VEGGIE Applesauce Golden Corn Milk 5	14 Crispy Chicken Salad with a Roll -OR- Cheese or Pepperoni Pizza FEATURED FRUIT & VEGGIE Mandarin Oranges French Fries / Tossed Salad Milk 1	15 NO SCHOOL IN-SERVICE 
18 NO SCHOOL MARTIN LUTHER KING DAY 	19 Loaded Cheese Fries with a Roll -OR- Hot Dog on a Bun FEATURED FRUIT & VEGGIE Mixed Fruit ch Fries / Baked Beans Milk 2	20 Hot Turkey Sandwich -OR- Mashed Potato Bowl with a Roll FEATURED FRUIT & VEGGIE Sliced Pears Mashed Potatoes / Corn Milk 3	21 General Tsao's Chicken w/ Rice -OR- Toasted Cheese Sandwich FEATURED FRUIT & VEGGIE Peaches Broccoli / Tomato Soup Milk 4	22 French Toast Sticks w/ Sausage -OR- Pizza Bagel FEATURED FRUIT & VEGGIE Cinnamon Apple Slices Tossed Salad Milk 5
25 Steak & Cheese Hoagie -OR- Nachos Grande with Cheese FEATURED FRUIT & VEGGIE Sliced Peaches Tater Tots Milk 1	26 Chicken Fettuccini w/ Breadstick -OR- Meatball Hoagie FEATURED FRUIT & VEGGIE Pineapple Tidbits Green Beans Milk 2	CHOCOLATE CAKE DAY! Upside Down Pizza -OR- Chicken Nuggets FEATURED FRUIT & VEGGIE Applesauce Golden Corn Milk 3 CHOCOLATE CAKE 	28 Steak Salad with a Roll -OR- Bacon Cheeseburger on a Bun FEATURED FRUIT & VEGGIE Mandarin Oranges French Fries Milk 4	29 Pierogies -OR- Cheese Pizza Sticks w/ Sauce FEATURED FRUIT & VEGGIE Fruit Cocktail Glazed Carrots / Tossed Salad Milk 5