

FOOD SERVICE
DIRECTOR:
MILT MILLER



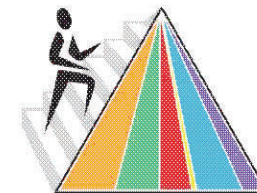
ALTOONA AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU September 2009



Nutritious Definition
of the Month:

FIBER:

Indigestible plant food.
High fiber diets can reduce
the risk of heart disease and
certain types of cancer.



**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,
Celery Sticks, Cucumbers,
Broccoli, or Cauliflower

ALTERNATES

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

"COMMISSABLES"

Trix Yogurt w/ a Cheese Stick
Smuckers PB&J Uncrustable
Scoops w/ Salsa & Cheese

NEW THIS YEAR!

"BUILD YOUR OWN"

PIZZA Commissable

ANTS ON A LOG 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

THIS MONTH!

*Eat A Hoagie Day
Ice Cream Cone Day
World Vegetarian Day*





**MENU SUBJECT
TO CHANGE!**

**THIS MONTH
COMMISSIONER
NUTRITION IS
TRAVELING TO THE
MID-ATLANTIC STATES
TO INVESTIGATE:**

"APPLES"



Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 <u>Hot Dog on a Bun</u> -OR- <u>Cheeseburger on a Bun</u> FEATURED FRUIT & VEGGIE Pineapple Tidbits Tater Tots Milk 1	Sept 1 <u>Chicken Fritters with a Roll</u> -OR- <u>Meatball Hoagie</u> FEATURED FRUIT & VEGGIE Watermelon Green Beans Milk 2	2 <u>Rotini with Meat Sauce & Bread</u> -OR- <u>Chicken Nuggets</u> FEATURED FRUIT & VEGGIE Pears Tossed Salad Milk 3	3 <u>Nachos Grande</u> -OR- <u>Ham & Cheese Hoagie</u> FEATURED FRUIT & VEGGIE Apple Green Peas Milk 4	4 <u>BBQ Pork Rib on a Bun</u> -OR- <u>Cheese or Pepperoni Pizza</u> FEATURED FRUIT & VEGGIE Mixed Fruit Golden Corn Milk 5
7 LABOR DAY NO SCHOOL 	8 <u>Fish Sticks with a Roll</u> -OR- <u>Toasted Cheese Sandwich</u> FEATURED FRUIT & VEGGIE Mandarin Oranges Tomato Soup/ Mixed Veggies Milk 1	9 <u>Hot Turkey Sandwich</u> -OR- <u>Mashed Potato Bowl</u> FEATURED FRUIT & VEGGIE Pineapple Mashed Potatoes / Corn Milk 2	10 <u>Tacos with Toppings Bar</u> -OR- <u>Chicken Patty on a Bun</u> FEATURED FRUIT & VEGGIE Banana Broccoli Milk 3	11 <u>Hot Ham & Cheese on Bun</u> -OR- <u>Stuffed Crust Pizza</u> FEATURED FRUIT & VEGGIE Applesauce French Fries Milk 4
EAT A HOAGIE DAY! <u>Steak & Cheese Hoagie</u> -OR- <u>Nachos Grande with Cheese</u> FEATURED FRUIT & VEGGIE Apple Mixed Veggies Milk 5	15 <u>Chicken Soft Taco</u> -OR- <u>Meatball Hoagie</u> FEATURED FRUIT & VEGGIE Pears Garden Peas Milk 1	16 <u>Oriental Chicken over Rice</u> -OR- <u>Chicken Nuggets with Roll</u> FEATURED FRUIT & VEGGIE Mandarin Oranges Broccoli Milk 2	17 <u>Chicken Patty on a Bun</u> -OR- <u>Sloppy Joe on a Bun</u> FEATURED FRUIT & VEGGIE Peaches French Fries Milk 3	18 IN-SERVICE NO SCHOOL 
21 <u>Beef Soft Taco</u> -OR- <u>Chicken Nuggets with Roll</u> FEATURED FRUIT & VEGGIE Fruit Cocktail Cheesy Broccoli Milk 4	National Ice Cream Cone Day! <u>Italian Hoagie</u> -OR- <u>Hot Dog on a Bun</u> FEATURED FRUIT & VEGGIE Orange Tater Tots Milk 5	23 <u>Chicken & Gravy over a Biscuit</u> -OR- <u>Mashed Potato Bowl</u> FEATURED FRUIT & VEGGIE Pears Mashed Potatoes / Corn Milk 1	24 <u>Taco Salad with a Roll</u> -OR- <u>Cheeseburger on a Bun</u> FEATURED FRUIT & VEGGIE Banana Glazed Carrots Milk 2	25 <u>Hot Dog on a Bun with Noodles</u> -OR- <u>French Bread Pizza</u> FEATURED FRUIT & VEGGIE Applesauce Mixed Veggies Milk 3
28 <u>Buffalo Chicken Sandwich</u> -OR- <u>Nachos Grande with Cheese</u> FEATURED FRUIT & VEGGIE Watermelon French Fries Milk 4	29 <u>Chicken Planks with a Roll</u> -OR- <u>Meatball Hoagie</u> FEATURED FRUIT & VEGGIE Peaches Green Beans Milk 5	30 <u>Turkey Bacon Bagel</u> -OR- <u>Chicken Nuggets</u> FEATURED FRUIT & VEGGIE Pineapple Tidbits Tater Tots Milk 1	WORLD VEGETARIAN DAY! <u>Pizza Casserole w/ Garlic Bread</u> -OR- <u>Sloppy Joe on Bun</u> FEATURED FRUIT & VEGGIE Fruit Cocktail Peas / Tossed Salad Milk 2	Oct 2 <u>French Toast Sticks w/ Sausage</u> -OR- <u>Cheese or Pepperoni Pizza</u> FEATURED FRUIT & VEGGIE Cinnamon Apple Slices Hash Brown Triangles/ Salad Milk 3

WEL COM E B A C K !!!

