

ASHLAND HIGH SCHOOL & MIDDLE SCHOOL MENU 2014—2015



Ashland City Schools

Breakfast: \$1.25 / Reduced \$.30
Lunch: \$3.00 / Reduced \$.40
Extra Milk \$.50

Alternative Breakfast Choice's Available
Alternative Lunch Meals:
Pizza, Sub's or Fresh Salad Bar

We are a Team Nutrition School

- Parents are encouraged to prepay for student's school meals using MealpayPlus available on the school's website (www.ashlandcityschools.org) or 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 offered with each school meal.
- Menu is subject to change without notice.

Offer vs Serve:

Lunch - Student may decline 2 of the 5 items offered.

Breakfast - Student may decline 1 of the 4 items offered.

Kristie Ward, Food Service Supervisor
 416 Arthur Street
 419-289-1117, 2247

What's for lunch today?
Follow the color coded calendar to our 4 week cycle menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MENU				
Muffin of the Day Milk and Fruit Selection	Cinnamon Tastric Milk and Fruit Selection	Egg and Cheese Biscuit Milk and Fruit Selection	Sausage Breakfast Pizza Milk and Fruit Selection	Pancakes Milk and Fruit Selection
WEEK 1				
WG Corn Dog Baked Beans Fruit of the Day	WG Bosco Sticks Marinara Sauce Steamed Broccoli with Cheese Sauce Fruit of the Day	Chicken Bowl (Popcorn Chicken, mashed potatoes, corn, gravy) WG Biscuit Fruit of the Day	Cheeseburger Deluxe (Am. Cheese, Lettuce, Tomato, Pickles) Steamed Green Beans Fruit of the Day	Macaroni and Cheese Steamed Carrots Soft Pretzel Breadstick Fruit of the Day
WEEK 2				
Chicken Nuggets Green Beans Steamed Corn WG Breadstick Fruit of the Day	Soft Taco WG Rice and Black Beans Refried Beans Fruit of the Day	Sweet and Sour Chicken over Rice Steamed Broccoli Fortune Cookie Fruit of the Day	Scrambled Eggs Sausage Potato Rounds WG Biscuit 100% Fruit Juice	Breaded Chicken Sandwich Tomato Soup Sweet potato Fries Fruit of the Day
WEEK 3				
WG Bosco Sticks Marinara Sauce Steamed Carrots Fruit of the Day	Turkey and Mashed Potato Bowl (Turkey, Mashed Potatoes, Corn, Gravy) WG Biscuit Fruit of the Day	Cheeseburger Deluxe (Am. Cheese, Lettuce, Tomato, Pickles) Baked Beans Celery Sticks Fruit of the Day	French Toast Sticks Sausage Potato Wedges 100% Fruit Juice	Ranch Chicken Wrap (Fajita Chicken, Lettuce, Tomato, Ranch Dressing) Steamed Broccoli Garden Salad Fruit of the Day
WEEK 4				
Breaded Chicken Sandwich Potato Rounds Fresh Baby Carrots Fruit of the Day	General Tso's Chicken WG Rice Steamed Broccoli Fortune Cookie Fruit of the Day	Soft Taco WG Rice and Black Beans Refried Beans Fruit of the Day	Chicken Fingers Green Beans Mashed Potatoes WG Breadstick Fruit of the Day	A.H.S.—Chili Dog A.M.S.—Hot Dog Sweet Potato Fries Fruit of the Day

(Note that the last week of school is Cooks Choice Menu)

AUGUST 2014	SEPTEMBER 2014	OCTOBER 2014	NOVEMBER 2014	DECEMBER 2014	JANUARY 2015	FEBRUARY 2015	MARCH 2015	APRIL 2015	MAY 2015
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	M T W T F	M T W T F	M T W T F	M T W T F
1	1 2 3 4 5	1 2 3	3 4 5 6 7	1 2 3 4 5	1 2	2 3 4 5 6	2 3 4 5 6	1 2 3	1
4 5 6 7 8	8 9 10 11 12	6 7 8 9 10	10 11 12 13 14	8 9 10 11 12	5 6 7 8 9	9 10 11 12 13	9 10 11 12 13	6 7 8 9 10	4 5 6 7 8
11 12 13 14 15	15 16 17 18 19	13 14 15 16 17	17 18 19 20 21	15 16 17 18 19	12 13 14 15 16	16 17 18 19 20	16 17 18 19 20	13 14 15 16 17	11 12 13 14 15
18 19 20 21 22	22 23 24 25 26	20 21 22 23 24	24 25 26 27 28	22 23 24 25 26	19 20 21 22 23	23 24 25 26 27	23 24 25 26 27	20 21 22 23 24	18 19 20 21 22
25 26 27 28 29	29 30	27 28 29 30 31		29 30 31	26 27 28 29 30		30 31	27 28 29 30	25 26 27 28 29

This institution is an equal opportunity provider and employer.

www.ashlandcityschools.org