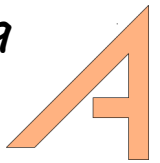


# ASHLAND CITY SCHOOLS – HIGH SCHOOL LUNCH MENU 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cheeseburger</b> Choice of: Oven Baked Fries OR Fruit of the Day	<b>2 For Tuesday</b> <b>2 Chicken Tacos</b> Choice of: Mexican Rice OR Fruit of the Day	<b>Pizza Day</b> Choice of: California Blend Vegetables OR Fruit of the Day	<b>Breakfast Wrap</b> (fluffy scrambled eggs, oven baked potatoes, sausage, cheese, and salsa in a warm soft tortilla) 100 % Fruit Juice	<b>General Tso's Chicken</b> <b>Over Rice</b> Choice of: Steamed Green Beans OR Fruit of the Day
<b>Chicken Patty</b> <b>Sandwich</b> Choice of: Mashed Potatoes n Gravy OR Fruit of the Day	<b>Grilled Cheese n</b> <b>Tomato Soup</b> Choice of: Steamed Green Beans OR Fruit of the Day	<b>Pasta Bar</b> Fresh Tossed Salad Dinner Roll Fruit of the Day	<b>Baked Chicken</b> <b>Nuggets</b> Choice of: Macaroni n Cheese OR Fruit of the Day	<b>Salisbury Steak</b> <b>Sandwich</b> Choice of: Steamed Corn OR Fruit of the Day
<b>Sloppy Nachos n</b> <b>Cheese</b> Choice of: Steamed Green Beans OR Fruit of the Day	<b>2 For Tuesday</b> <b>2 Breaded Chicken</b> <b>Wraps</b> Choice of: Steamed Corn OR Fruit of the Day	<b>Foot Long Hot Dog</b> Choice of: Vegetarian Baked Beans OR Fruit of the Day	<b>Sweet n Sour Chicken</b> <b>Over Rice</b> Choice of: California Blend Vegetables OR Fruit of the Day	<b>Pizza Day</b> Choice of: Fresh Tossed Salad OR Fruit of the Day
<b>Popcorn Chicken</b> Choice of: Mashed Potatoes n Gravy OR Fruit of the Day	<b>Egg n Cheese</b> <b>Sandwich</b> Choice of: Baked Tater Tots OR Fruit of the Day	<b>Beef Burrito with</b> <b>Lettuce n Cheese</b> Choice of: Steamed Rice OR Fruit of the Day	<b>French Toast</b> <b>With Sausage</b> Choice of: Baked Hash Browns OR Fruit of the Day	<b>Italian Sub Sandwich</b> (Hot or Cold) Choice of: Bag of Chips OR Fruit of the Day

Student Breakfast: \$1.25  
Reduced Breakfast: \$.30  
Adult Breakfast: \$1.25

Student Lunch: \$3.00  
Reduced Lunch: \$.40  
Adult Lunch: \$3.25

- Parents are encouraged to prepay for student school meals using Pay Schools Central on the Food Service Department webpage.
- Menu is subject to change without notice due to vendor availability and school closings.
- Days colored with an gray block  will be cook's choice.
- Alternative Entrée Choice's consist of Sandwich Wraps and Fresh Chef Salads.

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffin Choice	Sausage Breakfast Pizza	Egg n Cheese Sandwich	Pancake Wrap	Egg n Bacon Pizza

JANUARY 2019

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

FEBRUARY 2019

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

MARCH 2019

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

APRIL 2019

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY 2019

M	T	W	T	F
			1	2
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

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