



# February 2012

For menus go to [www.aasd.k12.wi.us](http://www.aasd.k12.wi.us)  
and click on lunch menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p><b>Natural Ovens of Manitowoc whole grain breads are offered daily.</b></p> <p><b>Meals are \$3.00. There are 19 service days in February. Make checks payable to AASD or go online to <a href="http://mynutrikids.com">mynutrikids.com</a> and set up an account.</b></p> <p>This year the fruit and vegetable of the month will change a bit. We are featuring foods for the month that may be high in a vitamin, fiber or protein. These items will appear on the menu throughout the month. In February we will be featuring high protein vegetables.</p> <p><b>New items will be bolded on the menu.</b></p> <p>Aramark is an equal opportunity employer.</p>
		<b>1</b> Meatball Pizza Sub Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>2</b> <b>V</b> Vegetable Pizza Mixed Vegetables Fruit Choice Salad Bar Milk Choice	<b>3</b> White Chicken Chili Cornbread Fruit Choice Salad Bar Milk Choice	
<b>6</b> Honey Mustard Cajun Chicken Sandwich Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>7</b> Tacos Lettuce and Cheese Diced Tomatoes Fruit Choice Salad Bar Milk Choice	<b>8</b> Diced Chicken Italiano Breadstick Fruit Choice Salad Bar Milk Choice	<b>9</b> Chicken Sausage Etouffee over Br. Rice Pretzel Rod Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>10</b> <b>V</b> Tomato Soup <b>V</b> Grilled Cheese Vegetable Choice Fruit Choice Salad Bar Milk Choice	
<b>13</b> Chicken Teriyaki over Rice Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>14</b> Scalloped Potatoes and Ham Valentine Cookie Fruit Choice Salad Bar Milk Choice	<b>15</b> <b>V</b> Broccoli & Cheese Baked Potato Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>16</b> <b>V</b> Po Boy Fish Sandwich with Slaw Mashed Potatoes Fruit Choice Salad Bar Milk Choice	<b>17</b> <b>No School</b>	
<b>20</b> <b>No School</b>	<b>21</b> Tacos Lettuce and Cheese Diced Tomatoes Fruit Choice Salad Bar Milk Choice	<b>22</b> Country Chicken Bowl Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>23</b> Chicken Cordon Blue Sandwich Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>24</b> <b>V</b> Vegetable Pizza Mixed Vegetables Fruit Choice Salad Bar Milk Choice	
<b>27</b> Chicken Stew WG biscuit Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>28</b> BBQ Chicken Breast Mini Sweet Potato Puffs Vegetable Choice Fruit Choice Salad Bar Milk Choice	<b>29</b> Turkey in Gravy Mashed Potatoes Whole Kernel Corn Breadstick Fruit Choice Salad Bar Milk Choice	<b>Lunch account payment options:</b> <b>You can bring a payment in an envelope to the kitchen for credit on your account OR You can log into <a href="http://mynutrikids.com">mynutrikids.com</a> and create an account. There are no service charges for using this system. All service fees (\$1.75) are absorbed by the district.</b>		

## APPLETON CENTRAL HIGH SCHOOL LUNCH MENU



This serves as a reminder to households that have been approved free or reduced in the meal program. If you are currently receiving free or reduced lunch, you also qualify for free or reduced breakfast. Please take advantage of this opportunity.

Menus are subject to change without notice.

