



# 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>We are continuing the produce cart this year. The kids are encouraged to take what they will eat of each fruit or vegetable offered. We will vary the choices daily.</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 fruit and vegetable cart as well as on the menu throughout the month. In February we will be featuring high protein vegetables.</p> <p>The kids can choose what is on the menu, or PB&amp;J Sandwich of the week, Chef salad Egg muffin Vegetarian Burger</p> <p>*May contain pork</p> <p>Full paid meal is \$2.30. Reduced meals are 40 cents. There are 19 service days in February. Please make checks payable to AASD or log into <a href="http://mynutrikids.com">mynutrikids.com</a>.</p> <p>Aramark is an equal opportunity employer.</p>
		<p><b>1</b> Turkey Frank on a WG Bun Baked Beans Potato Salad Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p><b>2</b> Italian Chicken Breast Capri Blend Vegetables Dinner Roll/Margarine Fruit Choice Milk Choice</p>	<p><b>3</b> *WG Pepperoni Pizza Steamed Broccoli Ranch Goldfish Crackers Fruit Choice Milk Choice</p>	
<p><b>6</b> Chicken Fried Steak Mashed Potatoes/Gravy Slice WW Bread Fruit Choice Milk Choice <i>Turkey Sand on WW</i></p>	<p><b>7</b> Mini Taco Triangles Santa Fe Rice Green Peas Fruit Choice Milk Choice</p>	<p><b>8</b> Spaghetti with Meat Sauce Whole Kernel Corn WG Breadstick Fruit Choice Milk Choice</p>	<p><b>9</b> Cheeseburger on a WG Bun/Condiments Potato Wedges Fruit Choice Milk Choice</p>	<p><b>10</b> BBQ Cheddar Chicken On a WG Bun Mixed Vegetables Mini Sweet Potato Puffs Fruit Choice Milk Choice</p>	
<p><b>13</b> Meatballs and Gravy Mashed Potatoes Dinner Roll Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p><b>14</b> Mini Strawberry Pancakes Strawberry Cup Sausage Patty Valentine Cookie Fruit Choice Milk Choice</p>	<p><b>15</b> Chicken Nuggets Green Beans Sweet Potato Crinkles Pretzel Rod Fruit Choice Milk Choice</p>	<p><b>16</b> Tacos Refried Beans Peas and Carrots Fruit Choice Milk Choice</p>	<p><b>17</b> <b>No School</b></p>	
<p><b>20</b> <b>No School</b></p>	<p><b>21</b> Chicken Honey Mustard Sandwich on WG Bun Whole Kernel Corn Fruit Choice Milk Choice <i>Turkey Sand on WW</i></p>	<p><b>22</b> *Chicken Sausage Etoufee over Br. Rice Sliced Carrots Goldfish Graham Crax Fruit Choice Milk Choice</p>	<p><b>23</b> Turkey in Gravy Mashed Potatoes Green Peas WG Breadstick Fruit Choice Milk Choice</p>	<p><b>24</b> Fish Sandwich Coleslaw California Blend Fruit Choice Milk Choice <b>Birthday Cake</b></p>	
<p><b>27</b> Sloppy Joe on WG Bun Whole Kernel Corn Baked Doritos Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p><b>28</b> Chicken Sliders Lettuce &amp; Tomatoes Green Peas Graham Crackers Fruit Choice Milk Choice</p>	<p><b>29</b> Lasagna Green Beans Pretzel Rod Fruit Choice Milk Choice</p>	<p>Lunch account payment options: 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.</p>		

## APPLETON AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU



### Special News...

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.

