



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>Salad Bars available at all Middle & High Schools.</p> <p>Each day students may substitute items for the main entrée featured on this menu and still purchase a complete meal.</p> <p>A premium meal is offered for \$2.75.</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 vegetables high in protein.</p> <p>Full paid meal is \$2.50. Reduced meals are 40 cents.</p> <p>There are 19 service days in February. Please make checks payable to AASD or log into mynutrikids.com.</p> <p>Aramark is an equal opportunity employer.</p>
		1 BBQ Beef and Potato Bowl Fritos Vegetable Choice Fruit Choice Milk Choice	2 Meatball Penne Pasta Breadstick Vegetable Choice Fruit Choice Milk Choice	3 Chili Cornbread Ranch Goldfish Crax Vegetable Choice Fruit Choice Milk Choice	
6 Honey Mustard Cajun Chicken Sandwich Baked Cheetos Vegetable Choice Fruit Choice Milk Choice	7 Meatball Pizza Sub Sandwich Breadstick Vegetable Choice Fruit Choice Milk Choice	8 Diced Chicken Italiano Breadstick Vegetable Choice Fruit Choice Milk Choice	9 Chicken Sausage Etoufee over Br. Rice Pretzel Rod Vegetable Choice Fruit Choice Milk Choice	10 V Tomato Soup V Grilled Cheese Vegetable Choice Fruit Choice Milk Choice	
13 Chicken Teriyaki over Rice Vegetable Choice Fruit Choice Milk Choice	14 V Cheese Quesadilla Sante Fe Rice Valentine Cookie Vegetable Choice Fruit Choice Milk Choice	15 V Broccoli & Cheese Baked Potato Ranch Goldfish Crax Vegetable Choice Fruit Choice Milk Choice	16 V Po Boy Fish Sandwich with Slaw Sweet Potato Puffs Vegetable Choice Fruit Choice Milk Choice	17 No School	
20 No School	21 Lasagna Breadstick Vegetable Choice Fruit Choice Milk Choice	22 Country Chicken Bowl Vegetable Choice Fruit Choice Milk Choice	23 Chicken Fried Steak Sandwich Baked Doritos Vegetable Choice Fruit Choice Milk Choice	24 Chicken Sliders Lettuce & Tomatoes Vegetable Choice Fruit Choice Milk Choice Birthday Cake	
27 V French Toast Sticks Syrup Cup Sausage Patty Hashbrown Patty Fruit Choice Milk Choice	28 BBQ Chicken Breast Mini Sweet Potato Puffs Vegetable Choice Fruit Choice Milk Choice	29 Turkey in Gravy Mashed Potatoes Breadstick Fruit Choice Milk Choice	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 mynutrikids.com and create an account. There are no service charges for using this system. All service fees (\$1.75) are absorbed by the district.		

APPLETON AREA SCHOOL DISTRICT MIDDLE SCHOOL LUNCH



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.

