



# March 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>Lunch account payment options:</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.</p>						<p><b>1</b> Meatloaf Baked Potato Sliced Carrots Fruit Choice Salad Bar Milk Choice</p>		<p><b>2</b> <b>V</b> Vegetable Pizza Mixed Vegetables Fruit Choice Salad Bar Milk Choice</p>		<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 22 service days in March. 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 March we will be featuring dark green vegetables.</p> <p><b>New items will be bolded on the menu.</b></p> <p>Aramark is an equal opportunity employer.</p>
<p><b>5</b> Italian Sliders Sweet Potato Fries Fruit Choice Salad Bar Milk Choice</p>		<p><b>6</b> Tacos Lettuce and Cheese Diced Tomatoes Fruit Choice Salad Bar Milk Choice</p>		<p><b>7</b> Sloppy Joes Green Beans Fruit Choice Salad Bar Milk Choice</p>		<p><b>8</b> Meatball Penne Pasta Pretzel Rod Vegetable Choice Fruit Choice Salad Bar Milk Choice</p>		<p><b>9</b> <b>V</b> Fish Sandwich Potato Wedges Fruit Choice Salad Bar Milk Choice</p>		
<p><b>12</b> General Tsao's Chicken over Brown Rice Oriental Blend Vegetable Fruit Choice Salad Bar Milk Choice</p>		<p><b>13</b> Meatball Pizza Sub Breadstick Fruit Choice Salad Bar Milk Choice</p>		<p><b>14</b> Italian Diced Chicken Sandwich Slice WW Bread Fruit Choice Salad Bar Milk Choice</p>		<p><b>15</b> Turkey Burger on a Bun Roasted Vegetables Fruit Choice Salad Bar Milk Choice</p>		<p><b>16</b> <b>V</b> Tomato Soup <b>V</b> Grilled Cheese Fruit Choice Salad Bar Milk Choice Sandwich</p>		
<p><b>19</b> Chicken Vegetable Teriyaki over Br Rice Green Beans Fruit Choice Salad Bar Milk Choice</p>		<p><b>20</b> Tacos Lettuce and Cheese Diced Tomatoes Fruit Choice Salad Bar Milk Choice</p>		<p><b>21</b> <b>V</b> Broccoli and Cheese Baked Potato Slice WW Bread Fruit Choice Salad Bar Milk Choice</p>		<p><b>22</b> Spaghetti with Meat Sauce WG Breadstick Fruit Choice Salad Bar Milk Choice</p>		<p><b>23</b> <b>V</b> Vegetable Pizza Mixed Vegetables Fruit Choice Salad Bar Milk Choice</p>		
<p><b>26</b> Cajun Chicken Breast Sweet Potato Puffs Fruit Choice Salad Bar Milk Choice</p>		<p><b>27</b> Lasagna WG Breadstick Whole Kernel Corn Fruit Choice Salad Bar Milk Choice</p>		<p><b>28</b> Country Chicken Bowl WG Breadstick Green Peas Fruit Choice Salad Bar Milk Choice</p>		<p><b>29</b> <b>Bagged Lunch</b> Ham Sandwich Fresh Apple Baby Carrots Baked Doritos Milk Choice</p>		<p><b>30</b> <b>Bagged Lunch</b> Ham Sandwich Fresh Apple Baby Carrots Baked Doritos Milk Choice</p>		

## 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.

