



March 2012

For menus go to www.aasd.k12.wi.us
and click on lunch menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</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 March we will be featuring dark green vegetables.</p> <p>The kids can choose what is on the menu, or PB&J</p> <p>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 22 service days in March. Please make checks payable to AASD or log into mynutrikids.com.</p> <p>Aramark is an equal opportunity employer.</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 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.</p>			<p>1 V Tomato Soup V Grilled Cheese Sandwich Vegetable Choice Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p>2 Chicken Patty on a WG Bun Criss Cut Fries Fruit Choice Milk Choice</p>	
<p>5 *Pork Rib B Que Sandwich Potato Wedges Fruit Choice Milk Choice <i>Turkey Sand on WW</i></p>	<p>6 *Ham, Egg & Cheese English Muffin Hashbrown Patty Lemon Goldfish Crax Fruit Choice Milk Choice</p>	<p>7 Hot Dog on a Bun Baked Beans Potato Salad Fruit Choice Milk Choice</p>	<p>8 Italian Chicken Breast Capri Vegetables Dinner Roll / Marg Fruit Choice Milk Choice</p>	<p>9 V Cheese Pizza Steamed Broccoli Ranch Goldfish Crax Fruit Choice Milk Choice</p>	
<p>12 Beef Nachos Green Beans Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p>13 Spaghetti with Meat Sauce Breadstick Green Peas Fruit Choice Milk Choice</p>	<p>14 Mini Taco Triangles Santa Fe Rice Whole Kernel Corn Fruit Choice Milk Choice</p>	<p>15 Mini Hamburger Sliders Salsa Potato Wedges Fruit Choice Milk Choice</p>	<p>16 Bagged Lunch *Cold Ham Sandwich Baby Carrots Fresh Apple Bug Bite Crackers Milk Choice</p>	
<p>19 Meatballs in Gravy Mashed Potatoes Dinner Roll Fruit Choice Milk Choice <i>Turkey Sand on WW</i></p>	<p>20 Teriyaki Chicken over Brown Rice Oriental Vegetables Fruit Choice Milk Choice</p>	<p>21 Chicken Nuggets Sweet Potato Fries WG Pretzel Rod Fruit Choice Milk Choice</p>	<p>22 Chicken Fajitas Refried Beans Salsa Fruit Choice Milk Choice</p>	<p>23 BBQ Chicken and Cheddar Sandwich Mixed Vegetables Fritos Fruit Choice Milk Choice Birthday Cake</p>	
<p>26 Sloppy Joe on WG Bun Whole Kernel Corn Baked Doritos Fruit Choice Milk Choice <i>*Ham Sand on WW</i></p>	<p>27 Lasagna WG Breadstick Green Peas Fruit Choice Milk Choice</p>	<p>28 V French Toast Sticks Syrup Sausage Patty Orange Juice Fruit Choice Milk Choice</p>	<p>29 V Baked Potato with Broccoli and Cheese Ranch Goldfish Crax Fruit Choice Milk Choice</p>	<p>30 Bagged Lunch *Cold Ham Sandwich Baby Carrots Fresh Apple Bug Bite Crackers Milk Choice</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.

