



# 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>            Chili Macaroni Cass            Breadstick            Doritos            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>2</b>            Mini Beef Sliders            Sweet Potato Fries            Pretzel Rod            Fruit Choice            Milk Choice</p>		<p><b>More Info...</b></p> <p><b>Salad Bars available at all Middle &amp; High Schools.</b></p> <p><b>Each day students may substitute items for the main entrée featured on this menu and still purchase a complete meal.</b></p> <p><b>A premium meal is offered for \$2.75.</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 veggies.</p> <p>Full paid meal is \$2.50. Reduced meals are 40 cents. There are 22 service days in March. 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>5</b>            Egg Rolls            Brown Rice            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>6</b>            Spaghetti with Meat Sauce            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>7</b>            *Pork Rib B Que Sandwich            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>8</b>            Meatball Penne Pasta            Breadstick            Peach Crisp            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>9</b>            Loaded Chili            Cornbread            Ranch Goldfish            Vegetable Choice            Fruit Choice            Milk Choice</p>		
<p><b>12</b>            BBQ Chicken Breast            Pretzel Rod            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>13</b>            Pizza Meatball Sub            Breadstick            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>14</b>            Italian Chicken Sandwich            Baked Cheetos            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>15</b>            Beef &amp; Bean Burrito            Brown Rice            Refried Beans            Bread Basket            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>16</b>            V Tomato Soup            Crackers            V Grilled Cheese Sand            Vegetable Choice            Fruit Choice            Milk Choice</p>		
<p><b>19</b>            Chicken Teriyaki over Brown Rice            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>20</b>            V Cheese Quesadilla            Spanish Rice            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>21</b>            V Broccoli Cheddar Baked Potato            Pretzel Rod            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>22</b>            Fish Nuggets            Sweet Potato Tots            Dinner Roll            Fruit Choice            Milk Choice</p>		<p><b>23</b>            Chicken Sliders            Sweet Crinkle Cuts            Fruit Choice            Milk Choice  <b>Birthday Cake</b></p>		
<p><b>26</b>            V French Toast Sticks            Syrup Cup            Sausage Patty            Hashbrown Patty            Fruit Choice            Milk Choice</p>		<p><b>27</b>            Lasagna            Breadstick            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>28</b>            Country Chicken Bowl            Bread Basket            Fruit Choice            Milk Choice</p>		<p><b>29</b>            Chicken Fried Steak Sandwich            Baked Doritos            Vegetable Choice            Fruit Choice            Milk Choice</p>		<p><b>30</b>  <b>Bagged Lunch</b>            Ham Sandwich            Fresh Apple            Baby Carrots            Baked Doritos            Milk Choice</p>		

## 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.

