

# DECEMBER 2018

## Ashland High School

Student Lunches 3.50 Adult 4.00



Rooster is your Guide

To Locally purchased and made from scratch options. Salad bar seasonal local produce

Monday

Tuesday

Wednesday

Thursday

Friday

3

Sweet & sour chicken w/rice  
Meatball subs  
Salad, Sandwiches or wraps

4



**Pizza**  
Orange chicken & rice  
Salad, Sandwiches or wraps

5



BBQ Pork Riblet sandwich  
# Beef or bean Nacho's  
Grab & go Salad, sandwiches and wraps

6



**Pizza**  
Corndogs & Tots  
Grab & go Salad, sandwiches and wraps

7

Cheese, or garden burger & ff  
Steak or chicken tornados  
Salad, Sandwiches or wraps

10



# Grilled cheese & soup  
# Beef or bean taco's  
Grab & go Salad, sandwiches and wraps

11



**Pizza**  
# Meatloaf & potatoes  
Grab & go Salad, sandwiches and wraps

12

Chicken or garden burgers & ff  
# Chicken or veggie Alfredo  
Grab & go salad, sandwiches and wraps

13



**Pizza**  
# Beef or veggie Lasagna  
Grab & go salad, sandwiches and wraps

14

Teriyaki chicken & rice  
Steak or chicken tornados  
Grab & go  
Salad, Sandwiches or wraps

17



Teriyaki Meatballs & rice  
# Sloppy Joes & tots  
Grab & go Salad, sandwiches and wraps

18



# Beef or veggie chili  
**Pizza**  
Grab & go Salad, sandwiches and wraps

19

General Tso's chicken & rice  
Chicken burgers W/ ff  
Garden burgers/ ff  
Grab & go Salad, sandwiches and wraps

20



# Chefs choice  
**Pizza**  
Grab & go Salad, sandwiches and wraps

21

Cheeseburger w// ff  
Garden burgers  
Hot dogs w/ ff  
Grab & go Salad, sandwiches and wraps

24

Winter Break



26

Winter Break

27

Winter Break

28

Winter Break

31

Winter Break

Locally sourced: Pizza, sloppy joes, spaghetti, taco's meat, chili, lasagna & nacho meat.

Chicken is antibiotic and hormone free

# is made from scratch or mostly scratch

Chefs choice will be scratch made

All meals meet the Healthy Hungry free kids act of America federal lunch guidelines



Endless salad bar with every lunch. All meals come with 1% white milk or fat free chocolate

ASD is an equal opportunity employer

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