

Ashland High School Menu January 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 No School | 2 Breakfast * Breakfast Tornado * Fruit Frudel◊ Lunch * Salisbury Steak w/Mashed Potatoes & Roll * Pizza ◊ | 3 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch *General Tso's Chicken on Rice * Chili Bread Bowl ◊ | 4 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Try – It * Pizza ◊ | 5 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwiches Lunch * Cheeseburger & Fries * Hotdogs w/ Fries |
| 8 Breakfast * French Toast & Sausage * Zucchini Bread Lunch * Calzones ◊ * Chicken Alfredo Pasta | 9 Breakfast * Breakfast Tornado * Fruit Frudel◊ Lunch * Pizza ◊ * Kung Pao Chicken | 10 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Pork Rib Sandwich /Corn * Chili Bread Bowl ◊ | 11 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Cheese Pocket w/ Soup du Jour◊ | 12 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Cheeseburger & Fries * Steak or Chicken Tornado |
| 15 No School | 16 Breakfast * Breakfast Tornado * Fruit Frudel◊ Lunch * Pizza ◊ * Kung Pao Chicken | 17 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Chicken Burger Fries * Corn Dogs w/ Fries | 18 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Turkey Gravy w/ Mashed Potatoes & Roll | 19 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Steak or Chicken Tornado * Meatloaf w/Mashed Potatoes & Roll |
| 22 Breakfast * French Toast & Sausage * Zucchini Bread Lunch * Stuffed Cheese Stix w/Marinara◊ * Pulled BBQ Sandwich w/ Tots | 23 Breakfast * Breakfast Tornado * Fruit Frudel◊ Lunch * Salisbury Steak w/Mashed Potatoes & Roll * Pizza ◊ | 24 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Chicken Burger & Fries *General Tso's Chicken on Rice | 25 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Egg Rolls and Rice ◊ * Pizza ◊ | 26 No School |
| 29 Breakfast * French Toast & Sausage * Zucchini Bread Lunch * General Tso's Chicken on Rice * Chicken Alfredo Pasta | 30 Breakfast * Breakfast Tornado * Fruit Frudel◊ Lunch * Pizza ◊ * Orange Chicken on Rice | 31 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Pork Rib Sandwich /Corn * General Tso's Chicken on Rice | 1 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Cheese Pocket w/ Soup du Jour◊ | 2 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Cheeseburger & Fries * Steak or Chicken Tornado |

Breakfast
includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.70

Lunch
Includes Bottomless Offering Bar and Milk. **Custom made sandwiches and wraps** are daily third option \$3.50

Extra white milk may be purchased. \$.50

All you can eat fruits and vegetables with every meal purchased



Fresh, local options available, check in and see what's on the tray today!

® =Scratch and Fresh made recipes ◊ = vegetarian or can be made vegetarian

This institution is an equal opportunity provider.