



# Ashland High School Menu Aug/Sept 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>28 Breakfast</b> * French Toast & Sausage * Muffins  <b>Lunch</b> <b>Free grilled hotdogs on the Quad!!</b>	<b>29 Breakfast</b> * Yogurt & Granola ◊ * Fruit Frudel ◊  <b>Lunch</b> * Pizza ◊ * Kung Pao Chicken	<b>30 Breakfast</b> * Fruit Muffin ◊ * Oatmeal Bar ◊  <b>Lunch</b> * Chicken Burger & Fries * Cheese Pocket w/ Soup du Jour	<b>31 Breakfast</b> * Egg & Cheese Scramble w/Tots * Pancake Sausage Wrap  <b>Lunch</b> * Pizza ◊ * Roasted Chicken w/ Mashed Potatoes & Roll	<b>1 Breakfast</b> * Cinnamon Roll ◊ * Breakfast Sandwich  <b>Lunch</b> * Egg Rolls & Rice ◊ * Rippers ◊
<b>4 Labor Day</b> No School	<b>5 Breakfast</b> * Yogurt & Granola ◊ * Fruit Frudel ◊  <b>Lunch</b> * <b>Salisbury Steak</b> w/Mashed Potatoes & Roll * Pizza ◊	<b>6 Breakfast</b> * Fruit Muffin ◊ * Oatmeal Bar ◊  <b>Lunch</b> * General Tso's Chicken on Rice * Chicken Burger & Fries	<b>7 Breakfast</b> * Egg & Cheese Scramble w/Tots * Pancake Sausage Wrap  <b>Lunch</b> * Try – It * Pizza ◊	<b>8 Breakfast</b> * Cinnamon Roll ◊ * Breakfast Sandwiches  <b>Lunch</b> * Cheeseburger & Fries * Turkey Gravy w/Potatoes & Roll
<b>11 Breakfast</b> * French Toast & Sausage * Muffins  <b>Lunch</b> * General Tso's Chicken on Rice * Calzones ◊	<b>12 Breakfast</b> * Yogurt & Granola ◊ * Fruit Frudel ◊  <b>Lunch</b> * Pizza ◊ * Orange Chicken on Rice	<b>13 Breakfast</b> * Fruit Muffin ◊ * Oatmeal Bar ◊  <b>Lunch</b> * Pork Rib Sandwich /Corn * Nachos ◊	<b>14 Breakfast</b> * Egg & Cheese Scramble w/Tots * Pancake Sausage Wrap  <b>Lunch</b> * Pizza ◊ * Cheese Pocket w/ Soup du Jour	<b>15 Breakfast</b> * Cinnamon Roll ◊ * Breakfast Sandwich  <b>Lunch</b> * Eggrolls & Rice * Cheeseburger & Fries
<b>18 Breakfast</b> * French Toast & Sausage * Breakfast Burrito  <b>Lunch</b> * Nachos ◊ * Calzones ◊	<b>19 Breakfast</b> * Yogurt & Granola ◊ * Fruit Frudel ◊  <b>Lunch</b> * Pizza ◊ * Kung Pao Chicken	<b>20 Breakfast</b> * Fruit Muffin ◊ * Oatmeal Bar ◊  <b>Lunch</b> * Chicken Burger & Fries * Cheese Pocket w/ Soup du Jour	<b>21 Breakfast</b> * Egg & Cheese Scramble w/Tots * Pancake Sausage Wrap  <b>Lunch</b> * Pizza * Roasted Chicken w/ Mashed Potatoes & Roll	<b>22 Breakfast</b> * Cinnamon Roll ◊ * Breakfast Sandwich  <b>Lunch</b> * Egg Rolls & Rice ◊ * Rippers ◊
<b>25 Breakfast</b> * French Toast & Sausage * Breakfast Burrito  <b>Lunch</b> * Teriyaki Meatballs on Rice * Stuffed Cheese Stix w/Marinara ◊	<b>26 Breakfast</b> * Yogurt & Granola ◊ * Fruit Frudel ◊  <b>Lunch</b> * Salisbury Steak w/Mashed Potatoes& Roll * Pizza ◊	<b>27 Breakfast</b> * Fruit Muffin ◊ * Oatmeal Bar ◊  <b>Lunch</b> * General Tso's Chicken on Rice * Chicken Burger & Fries	<b>28 Breakfast</b> * Egg & Cheese Scramble w/Tots ◊ * Pancake Sausage Wrap  <b>Lunch</b> * Try – It * Pizza ◊	<b>29 Breakfast</b> * Cinnamon Roll ◊ * Breakfast Sandwiches  <b>Lunch</b> * Cheeseburger & Fries * Turkey Gravy w/Potatoes & Roll

**Breakfast**  
*Includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.75*

**Lunch**  
*Includes Bottomless Offering Bar and Milk. Custom made sandwiches and wraps are a 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

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