



# Menu: Ashland High School

# August/September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>27 Welcome to AHS</b> French toast &amp; sausage Zucchini Bread Cereal</p> <p><b>A BBQ LUNCH PROVIDED FOR ALL</b></p>	<p><b>28</b> Breakfast Tornado Fruit Frudel</p> <p>Pizza Corn Dogs &amp; Tatar tots Salads, sandwiches &amp; wraps</p>	<p><b>29</b> Pancake &amp; sausage Wrap Oatmeal Bar</p> <p>Chicken Burgers &amp; FF Rippers Salads, sandwiches &amp; wraps</p>	<p><b>30</b> Scramble eggs, toast &amp; tots Fruit Muffins</p> <p>Pizza Mashed Potato/ turkey gravy Salads, sandwiches &amp; wraps</p>	<p><b>31</b> Cinnamon Rolls Croissant breakfast sandwich</p> <p>Steak or chicken Tornos Teriyaki chicken &amp; rice Salads, sandwiches &amp; wraps</p>	<p><b>Breakfast: 1.75</b></p> <ul style="list-style-type: none"> <li>• Cold Whole Grain Cereal Every day</li> <li>• Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch: 3.50</b></p> <ul style="list-style-type: none"> <li>• Endless salad bar</li> <li>• 1% White Milk</li> <li>• Fat Free Chocolate Milk</li> <li>• Fresh made wraps and salads daily</li> </ul> <p><b>All breads and buns are 100% whole grain</b></p> <p><b>All pasta is 51% Whole Wheat</b></p> <p><b>Unlimited Fruits and Veggies with every meal purchased!</b></p> <p><b>All Meals meet the Federal Healthy Hunger Free Act Guidelines</b></p>  <p><b>Choose MyPlate.gov</b></p> <p><b>This school is an equal opportunity provider</b></p>
<p><b>3</b> <b>LABOR DAY</b>  <b>NO SCHOOL</b></p>	<p><b>4</b> Breakfast Tornado Fruit Frudel</p> <p>Salisbury Steak &amp; potato Pizza Salads, sandwiches &amp; wraps</p>	<p><b>5</b> Pancake &amp; sausage Wrap Oatmeal Bar</p> <p>General Tso's chicken &amp; rice Chicken Burgers &amp; FF Salads, sandwiches &amp; wraps</p>	<p><b>6</b> Scramble eggs, toast &amp; tots Fruit Muffins</p> <p>Try- It Pizza Salads, sandwiches &amp; wraps</p>	<p><b>7</b> Cinnamon Rolls Croissant breakfast sandwich</p> <p>Cheeseburgers &amp; FF Egg rolls &amp; rice Salads, sandwiches &amp; wraps</p>	
<p><b>10</b> French toast &amp; sausage Zucchini Bread</p> <p>Sweet &amp; sour Chicken &amp; rice Calzones Salads, sandwiches &amp; wraps</p>	<p><b>11</b> Breakfast Tornado Fruit Frudel</p> <p>Pizza Orange chicken &amp; rice Salads, sandwiches &amp; wraps</p>	<p><b>12</b> Pancake &amp; sausage Wrap Oatmeal Bar</p> <p>Pork Rib sandwich &amp; tots Nachos Salads, sandwiches &amp; wraps</p>	<p><b>13</b> Scramble eggs, toast &amp; tots Fruit Muffins</p> <p>Pizza Corn dogs &amp; tots Salads, sandwiches &amp; wraps</p>	<p><b>14</b> Cinnamon Rolls Croissant breakfast sandwich</p> <p>Cheeseburger &amp; FF Steak or Chicken tornados Salads, sandwiches &amp; wraps</p>	
<p><b>17</b> French toast &amp; sausage Zucchini Bread</p> <p>Nacho Calzones Salads, sandwiches &amp; wraps</p>	<p><b>18</b> Breakfast Tornado Fruit Frudel</p> <p>Pizza Corn Dogs &amp; Tatar tots Salads, sandwiches &amp; wraps</p>	<p><b>19</b> Pancake &amp; sausage Wrap Oatmeal Bar</p> <p>Chicken Burgers &amp; FF Rippers Salads, sandwiches &amp; wraps</p>	<p><b>20</b> Scramble eggs, toast &amp; tots Fruit Muffins</p> <p>Pizza Mashed Potato/ turkey gravy Salads, sandwiches &amp; wraps</p>	<p><b>21</b> Cinnamon Rolls Croissant breakfast sandwich</p> <p>Steak or chicken Tornos Teriyaki chicken &amp; rice Salads, sandwiches &amp; wraps</p>	
<p><b>24</b> French toast &amp; sausage Zucchini Bread</p> <p>Teriyaki Meat balls &amp; rice Cheese Stuffed sticks Salads, sandwiches &amp; wraps</p>	<p><b>25</b> Breakfast Tornado Fruit Frudel</p> <p>Salisbury Steak &amp; potato Pizza Salads, sandwiches &amp; wraps</p>	<p><b>26</b> Pancake &amp; sausage Wrap Oatmeal Bar</p> <p>General Tso's chicken &amp; rice Chicken Burgers &amp; FF Salads, sandwiches &amp; wraps</p>	<p><b>27</b> Scramble eggs, toast &amp; tots Fruit Muffins</p> <p>Try- It Pizza Salads, sandwiches &amp; wraps</p>	<p><b>28</b> Cinnamon Rolls Croissant breakfast sandwich</p> <p>Cheeseburgers &amp; FF Egg rolls &amp; rice Salads, sandwiches &amp; wraps</p>	

