


February 2024

AIA High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>*Menu items are subject to change based on availability.*</p> <p>Choice of Milk: FF Chocolate, FF White or 1% White</p>				
<p>5 Chicken Nuggets (5) WG Chicken Nuggets 1.1 oz WG Dinner Roll</p> <p>SIDES 1 c. Sweet Potato Fries 1 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>6 Chicken Burrito Bowl 2.8 oz. Chicken & Cheese 1 oz. Shredded Cheddar 1 c. Brown Rice</p> <p>SIDES 1 c. Black Bean Salsa 1 c. Seasonal Fresh Fruit</p>	<p>7 Mini Chicken Corn Dogs (6) Mini Corn Dogs</p> <p>SIDES 1 c. Oven Fries 1 c. Fresh Orange</p> <p>Ketchup</p>	<p>8 Chicken Parmesan 3.39 oz. WG Chicken 1 oz. Shredded Mozzarella 1 c. WG Spaghetti Noodles 1/4 c. Spaghetti Sauce</p> <p>SIDES 1 c. Broccoli 1 c. Fresh Banana</p>	<p>2 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 c. Fresh Cucumbers 1 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>12 Beef Hamburger 2.5 oz. Beef Patty 2.05 oz. WW Hamburger Bun</p> <p>SIDES 1 c. Sweet Potato Tots 1 c. Fresh Apple</p> <p>Ketchup</p>	<p>13 Mexican Chicken Fajitas 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1/4 c. Peppers & Onions (2) WG Tortillas</p> <p>SIDES 1 c. Pinto Beans 1 c. Seasonal Fresh Fruit</p>	<p>14 Pancake Brunch (2) Turkey Sausage Links (2) WG Buttermilk Pancakes</p> <p>SIDES 1 c. Hashbrowns w/ Cheese 1 c. Fresh Orange</p> <p>Syrup </p>	<p>15 Cheeseburger Mac 2 oz. Ground Beef & Cheese 1 c. WG Elbow Noodles</p> <p>SIDES 1 c. Green Peas 1 c. Fresh Banana</p>	<p>9 Italian Spaghetti 3 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Spaghetti Noodles</p> <p>SIDES 1 c. Green Beans 1 c. Fresh Banana</p>
<p>19 Crispy Chicken Tenders (3) WG Chicken Tenders 2 oz. WG Corn Muffin</p> <p>SIDES 1 c. Sweet Potato Wedges 1 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>20 Mexican Beef Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 1 c. Black Beans & Corn (2) WG Tortillas</p> <p>SIDES 1 c. Seasonal Fresh Fruit</p>	<p>21 Mac & Cheese Bowl 2 oz. WG Popcorn Chicken 1 c. WG Macaroni & Cheese</p> <p>SIDES 1 c. Broccoli 1 c. Fresh Banana</p>	<p>22 Beef Hot Dog 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun</p> <p>SIDES 1 c. Potato Wedges 1 c. Fresh Orange</p> <p>Ketchup</p>	<p>16 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 c. Baby Carrots 1 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>26 BBQ Ribette Sandwich 2.8 oz. BBQ Beef Ribette 2.05 oz. WW Hamburger Bun</p> <p>SIDES 1 c. Sweet Potato Fries 1 c. Fresh Apple</p>	<p>27 Mexican Beef Burrito 2 oz. Beef/Bean & 1 oz. Cheese 2 oz WG Tortilla</p> <p>SIDES 1 c. Refried Beans 1 c. Seasonal Fresh Fruit</p>	<p>28 Mashed Potato Bowl 2 oz. WG Popcorn Chicken 1 oz. Shredded Cheddar 1 c. Sweet Potato Tots 1/2 c. Mashed Potatoes 1/2 c. Corn</p> <p>SIDES 1.1 oz WG Dinner Roll 1 c. Fresh Orange</p>	<p>29 Chicken Trazzini 2.8 oz. Grilled Chicken 1 c. WG Rotini Pasta</p> <p>SIDES 1 c. Mixed Vegetables 1 c. Fresh Banana</p>	<p>23 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 c. Fresh Cucumbers 1 c. Fresh Seasonal Fruit</p> <p>Ranch</p>

ALTERNATIVE OPTIONS

MONDAY

ALT - Vegetarian Lasagna (VG)

6 oz. Cheese Lasagna w/ WG Noodles & 1 c. Glazed Carrots

SALAD - Chicken Pasta Salad

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 1 c. Carrots, Broccoli, Peppers, Italian Dressing

TUESDAY

ALT - Bean & Cheese Burrito (VG)

4 oz. Bean & Cheese Burrito on WG Tortilla, 1 c. Mexican Corn, Salsa

SALAD - Southwest Salad

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

WEDNESDAY

ALT - WG Grilled Cheese Sandwich (VG)

4 oz. WG Grilled Cheese on WW Bread, 1 c. Tater Tots, Ketchup

SALAD - Chef Salad

2.8 oz. Turkey, 1 oz. Cheese, 1.5 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

THURSDAY

Cheese Pizza (VG)

4 oz. WG Cheese Pizza w/ WG Crust, 1 c. Broccoli

Crispy Chicken Salad

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

All meals are served with the "fruit of the day" & your choice of milk. FF Chocolate, FF Unflavored & 1% Unflavored milk is available

