

ASU Prep Academy High School January Lunch Menu



**Grab -N-Go
Entrees**

Monday

Turkey & Cheese Sandwich

Tuesday

Chicken Caesar Salad

Wednesday

Jr Italian Hoagie

Thursday

Chef Salad W/
Turkey Ham,
Turkey &
Cheddar w/
WG Roll

Friday

Turkey Ranch
WG Wrap

5	6	7	8	9
	Cheeseburger on a Whole Grain Bun with Seasoned Potato Wedges & Corn	Sweet & Sour Chicken Served over Brown Rice Fresh Steamed Broccoli Florets	Pasta w/Italian Meat Sauce served with Seasoned Green Beans & Garlic breadstick	Cheese Quesadilla w/ Salsa & Pinto Beans
12	13	14	15	16
Macho Nachos Tortilla Chips Topped with Beef Taco Meat & Topping choices Served with Refried Beans	WG Mac & Cheese Served with Dinner Roll & Seasoned Green Beans	Sloppy Joe on a WG Bun Served with Fries	Chicken Teriyaki Stir Fry over Brown Rice and Asian Veggies	Popcorn Chicken Mashed potatoes w/ gravy Seasoned Corn & Biscuit
19	20	21	22	23
	WG Chicken Quesadilla With Pinto Beans	Chicken Alfredo Over WG Pasta Served With A Dinner Roll and Steamed Broccoli	BBQ Pork Riblet on a WG Served With Sweet Potato Fries	Enchiladas Style Bean & Cheese Burrito Served with Peas & Carrots
26	27	28	29	30
Fish & Chips Fish Nuggets Served with Oven Baked Potato Wedges, Cole Slaw and a Dinner Roll	Beef Roni With Cheese Served with a Dinner Roll and Seasoned Mixed Vegetables	WG Chicken Nuggets Served with a Dinner Roll and Baked Seasoned Twisters	Beef & Bean Chili Served With a WG Roll and Seasoned Peas	Cheese Enchilada Casserole Served with Mixed Veggies
<p>Milk: 1% white and Non-fat chocolate available</p>				



**Classic pepperoni & Sausage
Pizza served daily
On a whole grain crust**

Daily Specials

Monday: Spinach & Ricotta Pizza

Tuesday: Meat Lovers Pizza

Wednesday: Philly Cheese Steak Pizza

Thursday: Bacon Cheeseburger Pizza

Friday: Chicken Alfredo w/Broccoli Pizza

Items made with reduced fat cheese.
Roma herb seasoning available daily.

DID YOU KNOW...

Chartwells makes it easier than ever for students to make healthy food and beverage choices at school! Our menus:

- Provide many deeply colored, nutrient dense, and fiber rich fruits and vegetables
- Provide many whole grain foods, such as brown rice and whole wheat
- Provide lean meats and plant based proteins
- Reduce unhealthy fats, sodium, and sugar
- Use earth friendly practices

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. **Menu Subject to change without notice. Questions Call (602) 523-5935**

**You may qualify for free or reduced price meals.
Applications are available at the school's front office.
For questions regarding the food service program you can
call the food service office at (602) 523-5935**