



FEBRUARY 2018



Breakfast/Desayun Lunch/Almuerzo

ACHS School/Preparatoria-Menu

Monday/Lunes	Tuesday/Martes	Wednesday/Miercoles	Thursday/Jueves	Friday/Viernes
<p>29</p> <p><i>Muffin Top, WG Mini Donuts, or Cereal; Juice, Dried Cranberries</i></p> <p>Chicken & Waffles Syrup</p>	<p>30</p> <p><i>Bagel Bar, Cinnamon Roll, or Cereal; Juice, Sliced Apples</i></p> <p>Oven Fried Mozzarella Sticks, Marinara & Sunshine Carrot</p>	<p>31</p> <p><i>Quick Bread Slice, WG Mini Donuts, or Cereal; Juice, Dried Cranberry</i></p> <p>Hot Wings, Celery & Pretzels</p>	<p>1</p> <p><i>Egg & Cheese Sandwich, Cinnamon Roll or Cereal; Juice, Applesauce</i></p> <p>Spaghetti & Meatballs Broccoli</p>	<p>2</p> <p><i>Cereal, Cinnamon Roll, or WG Mini Donuts; Fruit Cup, Applesauce</i></p> <p>Lasagna Roll Up & Garlic Knot</p>
<p>5</p> <p><i>Breakfast Pizza, WG Mini Donuts, or Cereal; Juice, Dried Cranberries</i></p> <p>Chicken Tenders, Zucchini Bread & Sunshine Carrots</p>	<p>6</p> <p><i>Frudel, Cinnamon Roll, or Cereal; Juice, Sliced Apples</i></p> <p>Tomato Soup & Grilled Cheese Sandwich</p>	<p>7</p> <p><i>Zee Zee Bar, WG Mini Donuts, or Cereal; Juice, Dried Cranberry</i></p> <p>Cheese Omelet, French Toast, Sausage & Hashbrown Patty</p>	<p>8</p> <p><i>Sausage-Pancake Stick, Cinnamon Roll or Cereal; Juice, Applesauce</i></p> <p>Mac n' Cheese, Garlic Knot & Broccoli</p>	<p>9</p> <p><i>Cereal, Cinnamon Roll, or WG Mini Donuts; Fruit Cup, Applesauce</i></p> <p>Cheesy Breadsticks, Marinara & Sunshine Carrots</p>
<p>12</p> <p><i>UBR, WG Mini Donuts, or Cereal; Juice, Dried Cranberries</i></p> <p>Chicken & Waffles Syrup</p>	<p>13</p> <p><i>Chicken Biscuit, Cinnamon Roll, or Cereal; Juice, Sliced Apples</i></p> <p>Oven Fried Mozzarella Sticks, Marinara & Sunshine Carrot</p>	<p>14</p> <p><i>Bagel & Cream Cheese, WG Mini Donuts, or Cereal; Juice, Dried Cranberry</i></p> <p>Hot Wings, Celery & Pretzels</p>	<p>15</p> <p><i>Cinni Mini's, Cinnamon Roll or Cereal; Juice, Applesauce</i></p> <p>Spaghetti & Meatballs Broccoli</p>	<p>16</p> <p><i>Cereal, Cinnamon Roll, or WG Mini Donuts; Fruit Cup, Applesauce</i></p> <p>Lasagna Roll Up & Garlic Knot</p>
<p>19</p> <p><i>No School</i></p>	<p>20</p> <p><i>Frudel, Cinnamon Roll, or Cereal; Juice, Sliced Apples</i></p> <p>Tomato Soup & Grilled Cheese Sandwich</p>	<p>21</p> <p><i>Zee Zee Bar, WG Mini Donuts, or Cereal; Juice, Dried Cranberry</i></p> <p>Cheese Omelet, French Toast, Sausage & Hashbrown Patty</p>	<p>22</p> <p><i>Sausage-Pancake Stick, Cinnamon Roll or Cereal; Juice, Applesauce</i></p> <p>Mac n' Cheese, Garlic Knot & Broccoli</p>	<p>23</p> <p><i>Cereal, Cinnamon Roll, or WG Mini Donuts; Fruit Cup, Applesauce</i></p> <p>Cheesy Breadsticks, Marinara & Sunshine Carrots</p>
<p>26</p> <p><i>Breakfast Pizza, WG Mini Donuts, or Cereal; Juice, Dried Cranberries</i></p> <p>Chicken & Waffles Syrup</p>	<p>27</p> <p><i>Frudel, Cinnamon Roll, or Cereal; Juice, Sliced Apples</i></p> <p>Oven Fried Mozzarella Sticks, Marinara & Sunshine Carrot</p>	<p>28</p> <p><i>Zee Zee Bar, WG Mini Donuts, or Cereal; Juice, Dried Cranberry</i></p> <p>Hot Wings, Celery & Pretzels</p>	<p>1</p> <p><i>Sausage-Pancake Stick, Cinnamon Roll or Cereal; Juice, Applesauce</i></p> <p>Spaghetti & Meatballs Broccoli</p>	<p>2</p> <p><i>Cereal, Cinnamon Roll, or WG Mini Donuts; Fruit Cup, Applesauce</i></p> <p>Lasagna Roll Up & Garlic Knot</p>

Menu items subject to change based on availability. This institution is an equal opportunity provider and employer.



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Also offered weekly/Tambien se ofrece semanalmente:

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
Lettuce, Tomato, Carrot, Cucumber, Celery & Radish. Fruit Cocktail & Melon <i>Lechuga, Tomate, Zanahoria, Pepino, Apio y Rabanos.</i> Cocktel de Fruta y Melón	Lettuce, Tomato, Carrot, Cucumber, Celery, Fiesta Corn Salad & Radish. Sliced Apples & Diced Peaches/ <i>Lechuga, Tomate, Zanahoria, Pepino, Apio, Ensalada de Elote Fiesta, Rabanos. Rebanadas de Manzana y Durazno en Trocitos</i>	Lettuce, Tomato, Carrot, Cucumber, Celery, Radish & Cuban Black Bean Salad. Sliced Apples & Diced Peaches <i>Lechuga, Tomate, Zanahoria, Pepino, Apio, Rabajos y Ensalada de Frijoles Negros Cubanos. Rebanadas de Manzana y Durazno en Cubitos</i>	Lettuce, Tomato, Carrot, Cucumber, Celery & Radish. Berry Salad & Diced Pears <i>Lechuga, Tomate, Zanahoria, Pepino, Apio y Rabano. Ensalada de Frutillas, Peras en Cubitos</i>	Lettuce, Tomato, Carrot, Cucumber, Celery & Radish. Mandarin Oranges & Grapes <i>Lechuga, Tomate, Zanahorias, Pepinos, Apio y Rabanos. Gajos de Mandarina y Uvas</i>
Cheese Pizza or 4 Meat Pizza, Marinara Sauce <i>Pizza con Queso, Pizza con 4 Carnes, Salsa Spicy Sichuan Chicken, Fried Rice, Peas & Carrots</i> <i>Pollo con Especies Sichuan, Arroz Frito, Chicharos y Zanahorias</i>	Cheese Pizza or Buffalo Chicken Pizza, Marinara Sauce <i>Pizza de Queso, Pizza de Pollo en Buffalo, Orange Chicken, LoMein & Stir Fry Veggies</i> <i>Pollo a la Naranja, Fideo Asiático LoMein y Mezcla de Vegetales</i>	Cheese Pizza or Meatball Pizza, Marinara Sauce <i>Pizza de Queso o Pizza de Albondigas, Salsa Asian Buffalo Chicken, Fried Rice, Peas & Carrots</i> <i>Pollo Asiático Buffalo, Arroz Frito, Chicharos y Zanahorias</i>	Cheese Pizza or Sausage Pizza, Marinara Sauce <i>Pizza con Queso, Pizza con Salchicha, Salsa Kung Pao Chicken, LoMein & Stir Fry Veggies</i> <i>Chicken Kung Pao, Fideo Asiático LoMein y Mezcla de Vegetales</i>	Cheese Pizza or Pepperoni Pizza or Calzone, Marinara Sauce <i>Pizza con Queso o Pizza con Sweet & Sour Chicken, Fried Rice, Peas & Carrots</i> <i>Pollo Agridulce, Arroz Frito, Chicharos y Zanahorias</i>
PB & J Sandwich Italian Hoagie / Pan Italiano	PB & J Sandwich BLT Sandwich / <i>Sándwich de Tocino, Lechuga, Tomate</i>	PB & J Sandwich Turkey Sub / <i>Sándwich de Pavo</i>	PB & J Sandwich Ham & Cheese Sandwich / <i>Sandwich de Jamón y Queso</i>	PB & J Sandwich Turkey Sub / <i>Sándwich de Pavo</i>
Deli Bar Toppings: Lettuce, Tomato, Banana Peppers, Olives & Sliced American Cheese/ <i>Ingredientes: Lechuga, Tomate, Chiles Banana, Aceitunas y Queso Rallado</i>				

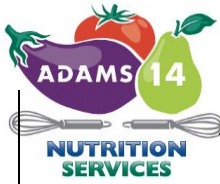
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Los artículos en el menú están sujetos a cambios según disponibilidad. Esta institución es un empleador que ofrece igualdad de oportunidades.

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Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar./ Se ofrece diariamente: Leche sin grasa 1%, leche sin grasa con chocolate, agua 8 oz y barra de

<p>Meal Prices</p> <p>First breakfast & lunch for enrolled students: FREE Second Lunch (no milk or water): \$3.00 Second Lunch (with milk or water): \$3.50 Side Dish: \$0.65 Additional Milk: \$0.60</p>	<p>Questions about Nutrition Services please call: <i>Para Preguntas sobre Servicios de Nutrición por favor llame al:</i> 303-853-7929</p>	<p>Precios de Comida</p> <p>Primer desayuno y almuerzo para estudiantes inscritos: GRATIS Segundo Almuerzo (sin leche o agua): \$3.00 Segundo Almuerzo (con leche o agua): \$3.50 Guarnición: \$0.65 Leche Adicional: \$0.60</p>
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Additional Water: \$0.50
Adult/non-enrolled students breakfast: \$2.50
Adult/non-enrolled students lunch: \$3.75

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Agua Adicional: \$0.50
Desayuno para Adultos/estudiantes no inscritos: \$2.50
Almuerzo para Adultos/estudiantes no inscritos: \$3.75