

# AHS/ AMS Lunch Menu



**ASSUMPTION**  
CATHOLIC SCHOOLS  
*Live, Learn and Lead in Faith*

JANUARY 2025

<b>HAPPY NEW YEAR 2025!</b>	AMS/ AHS Lunch Prices Students \$ 3.30 Adults \$ 4.65
Whole Grain Constitutes 80% of All Weekly Grains Being Served	<u>Extra Entrée For All Grades</u> \$1.90 Extra Milk \$0.50 Extra Juice \$0.60
All Meals Served with 1% White or Skim Chocolate Milk	Salad Bar Serve Daily From Locally Sourced Farms
This Institution is an Equal Opportunity Provider All Menus Are Subject To Change	<b>harvest hocus– legumes comes from the Fabaceae family. This family bears fruit inside of a pod and consist of legumes, peas, and beans . Believe it or not peanuts <u>are</u> legume but green beans <u>are not</u>. This cheap dietary sta- ple is full of iron, fiber, protein and folate.</b>

MON	TUE	WED	THU	FRI
*			1 Orange Popcorn Chicken Asian Rice Stir Fried Vegetables Mandarin Oranges 	3 Breaded Ravioli Garlic Breadstick Roasted Spiced Squash Mixed Fruit
6 Hamburger Toppings Bar *Baked Beans Sliced Pears	7 Our Signature Assorted Pizza Relish Tray Applesauce	8 Mexicali Potato "Loaded Potato Wedges" Tortilla Strips Street Corn Pineapple Tidbits Cookie	9 Chicken Pot Stickers Asian Rice Sesame Green Beans Mandarin Oranges 	10 Cheese Lasagna Roll Garlic Breadstick Spinach Salad *Roasted Chickpea Sliced Peaches
13 Philly Sub Sweet Potato Fries Chicken Soup Fruit Cocktail in Jell-O	14 Chicken Nuggets Biscuit Potato Sliced Peaches	15 Beef Nacho Corn Medley Pineapple Tidbits	16 Vegetable Egg Roll Chicken Lo Mein *Sugar Snaps Tropical Fruit Salad 	17 Mozzarella Stix Roasted Broccoli Blueberries
	21 Chef Boy-R- Dee *Roasted Chickpea Mixed Veggies Pineapple Tidbits	22 Chicken Fajita Cilantro Lime Rice *Refried Beans Spiced Apples	23 Chicken Tetrizzini Mixed Vegetables Sliced Peaches Breadstick	24 Grilled Cheese Tomato Soup Crackers Roasted Carrots Applesauce
27 Chicken Parmesan Bun Romaine Salad Sliced Peaches	28 Rotini Noodles Meatballs Red Sauce Roasted Broccoli Applesauce	29 Beef Nachos *Black Beans Tropical Fruit Salad	30 General Tso's Chicken *Peas & Carrots Jasmine Rice Pineapple Tidbits 	31 French Toast Casserole Hash brown Strawberries