

# AHS/ AMS Lunch Menu



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

FEBRUARY 2025

MON

TUE

WED

THU

FRI



Welcome to Black History Month	<u>AMS/ AHS Lunch Prices</u> Students \$ 3.30 Adults \$ 4.65
Whole Grain Constitutes 80% of All Weekly Grains Being Served	<u>Extra Entrée for all</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 – potatoes</b> They are a good source of vitamins, minerals and fiber. As a bonus, potatoes are low in calories, contain no fat or cholesterol, and are sodium-free. They're high in vitamin C and potassium and are a good source of vitamin B6. A medium potato, about 5.5 ounces, contains only 145 calories. Mayo Clinic Health System

3 Ham, Turkey, & Cheese Sandwich Sweet Potato Fries Sliced Pears	4 Mac, & Cheese Dinner Roasted Brussel Sprouts Sliced Peaches	5 Cheese Quesadilla Refried Beans Tomato Salsa Tropical Fruit Salad	6 Pulled Pork Cubano Sub Potato Wedges Mandarin Oranges 	7 Grilled Cheese Tomato Soup Roasted Carrots Applesauce
10 Jerk or Plain Chicken Sub Potato Wedges 100% Juice 	11 Baked Potato Bar Cubed Ham Broccoli Mandarin Oranges	12 Chicken Fajita Cilantro Lime Rice Black Beans Spiced Apples Cookie	13 Tandoori or Plain Chicken Brown Rice Naan Bread Carrots Tropical Fruit Salad 	14 Rotini Noodles Red Sauce Garlic Breadstick Yogurt & String Cheese Broccoli Pineapple Tidbits <i>Valentine's Day</i>
17 Cheese Hamburger Baked Beans French Fries Fruit Cocktail in Jell-O	18 BBQ Chicken Drumettes Biscuit Cole Slaw Corn Sliced Pears	19 Beef Chili Cornbread Tortilla Strips Corn Medley Pineapple Tidbits	20 Gumbo Brown Rice Blackeye Peas Sliced Peaches	21 French Toast Casserole Hash brown Strawberries
24 BBQ Rib Patties Mashed Potatoes Dinner Roll Applesauce	25 Pesto Chicken Rotini Noodles Roasted Brussel Sprouts Sliced Peaches	26 Beef Nachos Black Beans Mandarin Oranges	27 Berbere Chicken Brown Rice Roasted Carrots Tropical Mixed Fruit 	28 Mozzarella Stix Relish Tray Blueberries