

Asher School

2017-2018 Menu

Student \$3.25/Reduced \$0.40/ Adult \$4.15
Skim Milk \$0.55

All serving lines contain options for Free & Reduced Price Student Recipients.

Southgate Food Services complies with the federal Healthy Hunger Free Kids Act of 2010 implemented by the USDA, which places strict limits on calories, saturated fat and portion size by grade level. The new standards align school meals with the latest nutrition science and the 2010 Dietary Guidelines for Americans, making sure that students are offered both fruits and vegetables each day, more whole grains, with portion sizes and calorie counts designed to maintain a healthy weight. Food is divided into five groups: Meat/Meat Alternate, Vegetable, Fruit, Grains/ Grain Alternate & Milk. Under Offer vs. Serve, all food groups are offered to students. They must choose at least three, to include either a fruit or vegetable, to be considered a meal. Some combination foods count as more than one component (hamburger on bun, pizza, etc).

A la carte selections are not included in the free/reduced program and may be purchased separately.

Skim Milk/ Fruit/ Vegetable offered on all serving lines

Daily Features

A selection of main entrees to choose from each day- such as one chicken selection; beef nachos, tacos, or walking taco; deli sandwiches; pizza by the slice offered with assorted salads made with leafy dark greens and tomatoes, carrots, broccoli, sweet peppers, cucumbers, onions, and other fresh vegetables plus a variety of fruit

Additional pizza slices \$1.90; Baffo's \$2.25 a la carte only.

Breakfast \$1.70 Student/ \$0.30 Reduced Price
Assorted cold items & one hot offered daily

Menu subject to change without notice.

Southgate Community Schools does not discriminate on the basis of race, color, national origin, sex, age, height, weight, religion, marital status or disability in its programs and activities.