



# Aspen Academy Menu

## January 2019

### Our Foods NEVER contain:

- High Fructose Corn Syrup
- Artificial Trans-fats
- Artificial Flavors and Colors
- Nitrates
- MSG

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |   |
|---|--|---|--|--|---|
| <b>ENTREES</b> 31   | <b>ENTREES</b> 1   | <b>ENTREES</b> 2  | <b>ENTREES</b> 3   | <b>ENTREES</b> 4   | <p style="text-align: center; color: green; font-weight: bold;"><u>AVAILABLE DAILY</u></p><br><p style="text-align: center; color: green; font-weight: bold;">WEEK 2 SPECIALS</p> <p style="text-align: center;">BYO – Ham and Cheese<br/>SALAD - BLT<br/>SUB - Italian<br/>SOUP - Chicken Tortilla<br/>WT Creation – Chocolate chunk cookie<br/>WT Creation – Cucumber Coins &amp; Hummus<br/>WT Creation – Chips and Guacamole</p> <p style="text-align: center; color: green; font-weight: bold;">WEEK 3 SPECIALS</p> <p style="text-align: center;">BYO - Pita &amp; Hummus<br/>SALAD - Chef<br/>SUB - Ham and Cheese<br/>SOUP – Loaded Potato<br/>WT Creation - Brownie<br/>WT Creation – Carrots and Ranch</p> <p style="text-align: center; color: green; font-weight: bold;">WEEK 4 SPECIALS</p> <p style="text-align: center;">BYO - Pizza<br/>SUB – Turkey and Cheese<br/>SALAD – Greek with Chicken<br/>SOUP – Chicken Noodle<br/>WT Creation – Chocolate Chunk Cookie<br/>WT Creation – Cucumber Coins &amp; Hummus<br/>WT Creation – Chips and Pico</p> <p style="text-align: center; color: green; font-weight: bold;">WEEK 5 SPECIALS</p> <p style="text-align: center;">BYO- Nachos<br/>WRAP – Chicken Soft Taco<br/>SALAD – Caesar with Chicken<br/>SOUP - Minestrone<br/>WT Creation – Apples and Caramel<br/>WT Creation – Broccoli with Ranch<br/>WT Creation - Brownie</p> |
| <b>ENTREES</b> 7<br>Chicken Tenders<br>Chicken Tenders (GF)<br>BBQ Chicken Sandwich                   | <b>ENTREES</b> 8<br>Pizza Dippers<br>Loaded Baked Potato w/ Bacon<br>Loaded Baked Potato (GF)  | <b>ENTREES</b> 9<br>Hot Dog<br>Hot Dog (GF)<br>Roasted Chicken and Potatoes             | <b>ENTREES</b> 10<br>Mash Bowl with Chicken<br>Pasta Spirals<br>Cheesy Pasta Spirals (GF)                              | <b>ENTREES</b> 11<br>Cheese Pizza<br>Cheese Pizza (GF)<br>Pepperoni Pizza<br>Chicken Tenders<br>Chicken Tenders (GF) |   |
| <b>ENTREES</b> 14<br>Chicken Tenders<br>Chicken Tenders (GF)<br>Mac and Cheese                        | <b>ENTREES</b> 15<br>Pizza Dippers<br>Grilled Cheese<br>Pasta Marinara (GF)                    | <b>ENTREES</b> 16<br>Burger<br>Burger with cheese<br>Burger (GF)<br>Lasagna with turkey | <b>ENTREES</b> 17<br>Chocolate Chip Pancakes with bacon<br>Pancakes with bacon<br>Pancakes<br>Orange Chicken with Rice | <b>ENTREES</b> 18<br>Cheese Pizza<br>Pepperoni Pizza<br>Cheese Pizza (GF)<br>Chicken Tenders<br>Chicken Tenders (GF) |   |
| <b>ENTREES</b> 21<br><br><b>NO SCHOOL</b>   | <b>ENTREES</b> 22<br>Pizza Dippers<br>Pasta with Meat Sauce<br>Pasta with Marinara (GF)        | <b>ENTREES</b> 23<br>Hot Dog<br>Hot Dog (GF)<br>Polynesian Meatballs                    | <b>ENTREES</b> 24<br>Waffles and Sausage<br>Mash Bowl with Chicken<br>Mash Bowl (GF)                                   | <b>ENTREES</b> 25<br>Cheese Pizza<br>Pepperoni Pizza<br>Cheese Pizza (GF)<br>Chicken Tenders<br>Chicken Tenders (GF) |   |
| <b>ENTREES</b> 28<br>Chicken Tenders<br>Chicken Tenders (GF)<br>Breakfast Bowl<br>Breakfast Bowl (GF) | <b>ENTREES</b> 29<br>Pizza Dippers<br>Loaded Baked Potato w/ Bacon<br>Loaded Baked Potato (GF) | <b>ENTREES</b> 30<br>Burger<br>Burger with cheese<br>Burger (GF)<br>Baked Penne         | <b>ENTREES</b> 31<br>Burrito Bowl with Chicken<br>Burrito Bowl (GF)<br>Mac and Cheese                                  | <b>ENTREES</b> 1   |   |

**\*BUILD YOUR OWN (BYO) (only available in REGULAR size)**

A BYO is a self-contained lunch consisting of a variety of ingredients designed for self-assembly. Sun Flower Butter & Jelly, Berry Smoothies, Yogurt Parfaits, and Side Caesar Salads offered daily. (GF) = Gluten Free