

ASDSA FAQ – Lunches

This menu is subject to change and/or items substituted.



May 22

*Mesquite Grilled Chicken Quarters
Vegan & Veggie Burgers
House Special Potato Salad
Cornmeal Muffins
Fresh Fruit
Our Famous Double fudge Brownies*

May 23

*Deep Dish Quiche
Choice of Ham & Cheddar or Broccoli Cheddar
Vegan Quinoa
Spring Mix Salad w/ Fresh Berries
Honey Wheat Rolls w/ butter
Oatmeal Raisin or Snickerdoodle Cookies*

May 24

*Boneless Teriyaki Chicken Breast or Grilled Tofu
Basmati Brown Rice Pilaf
Vegetarian Egg Rolls
Asian Salad w/ crunchy nuts & sesame dressing
Four Berry Crisp w/ whipped cream*

May 25

*Sandwiches on our fresh bread
-choice of turkey, ham & cheese, vegetarian or vegan
Assorted Chips
Turkey Noodle or Vegetarian Vegetable Soup
Fresh Fruit
Seven Layer Bars or Raspberry Bars*

May 29

*Herb Baked Chicken Breast
Spanakopita
Greek Orzo Pasta Salad
Green Salad
Individual Pumpkin or Pecan Pies*

May 30

*Beef & Black Bean Enchiladas
-Vegetarian and Vegan Enchiladas
Spanish Rice
Garden Salad w/ assorted dressings
Tortilla Chips with salsa
Carrot Cake with cream cheese icing*

May 31

*Meatballs in Marinara Sauce or Veggie Alfredo
served over multi grain pasta
Vegan Pasta w/ tempeh
Caesar Salad
Garlic Toast
Chocolate Chip or Peanut Butter Cookies*





June 1

*Croissant Sandwiches-choice of Chicken Salad or Veggie
Vegan sandwich option
Tomato Mushroom Soup
Fresh Vegetable Trays w/ Parmesan Dip
Our Famous Double Fudge Brownies*

When are ASDSA lunch breaks?

ASDSA lunches will be catered by Dianne's Catering and are inclusive within course costs. Lunches will be served from 11:20 a.m. through 1:00 p.m., with each class being assigned a forty-minute lunch period. Four lunch group shifts will contain approximately 25% of each day's attendance. Each class will be assigned a lunch break based on balancing the numbers that occupy the lunchroom at any one time.

Your instructor will be informed of and announce your assigned lunch group.

-  Group 1 lunch break: 11:20-12:00
-  Group 2 lunch break: 11:40-12:20
-  Group 3 lunch break: 12:00-12:40
-  Group 4 lunch break: 12:20-1:00

Again, your course instructor will announce your lunch group in class.

Why can't participants go to lunch when they want?

Maximum lunchroom capacity is 320. On some days, ASDSA attendance may be over 700. A shift lunch schedule accomplishes a number of goals:

- 1) Shorter lines mean less waiting and increased efficiency
- 2) Lunchroom capacity is not exceeded and there is more available seating

Why are lunch breaks so short?

ASDSA's Steering Committee opted for a shorter instructional day versus a longer lunch period. Longer lunch periods tempt participants to dash-and-dine. Tardy returns to class abound when the dash-and-dine scenario is played out. Save fuel, reduce traffic, reduce pollution, shorten the instructional day, reduce interruption to instruction due to tardiness, maximize collegiality, etc.

Why are ASDSA lunches catered? Why can't participants bring their own lunches or drive to nearby restaurants?

ASDSA's Steering Committee feels that catered lunches accomplish a number of goals:

- 1) Increased collegiality and professionalism
- 2) An energized, positive setting
- 3) An on-campus lunch period that shortened the instructional day while helping to eliminate tardy returns to class
- 4) Reduced traffic, fuel expenditure, and pollution
- 5) Most participant feedback supports the concept of catered lunches

I don't like what's on the menu; can I be exempted from paying for the lunches?

ASDSA does not negotiate itemized costs on a per participant basis. Academy costs are all-inclusive in course costs, however, attendees should bear the following in mind:

- 1) The PTSA concession will be open throughout the Academy and offers an onsite alternative to those who do not wish to eat the lunch provided.
- 2) Professional and continuing education costs are tax deductible. Whether a participant chooses to eat a catered lunch or not, his/her course cost can be fully recouped as a continuing education deduction when filing federal tax returns.
- 3) Even with catered lunches, ASDSA credits, on average, continue to be among the most affordable continuing education credits available in Alaska.

Wouldn't the elimination of catered lunches be a great way to save the District money?

ASDSA catered lunches have zero impact on the ASD's budget. The cost of a catered lunch is borne by voluntary registrants within course costs. Course costs are eligible for and deductible as continuing education expenses when filing federal tax returns. Please check with your tax professional for greater details.

What about special lunch needs?

ASDSA catered lunches have everyday options for both vegetarian and vegan meals. The ASDSA committee is happy to provide this option to the academy participants. For any specific questions with regard to meals please contact the caterers at the academy.