ASDSA FAQ – Lunches

Tentative Menu – This is a sample menu only

May 22
Mesquite Grilled Chicken Quarters
Veggie Burgers (vegan)
House Special Red Potato Salad (vegan option)
Fresh Fruit Trays
Cornbread Muffins
Peanut Butter or Chocolate Chip Cookies
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May 23
Seafood or Vegetarian Frittata
Vegan Capellini Pasta
Spring Mix Salad with Fresh Berries
and Balsamic Vinaigrette
Multi-grain rolls
Lemon Poppyseed Cake
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May 24
Minestrone with Italian Sausage or Hearty Vegetable Soup
Sandwiches on our Honey Wheat Rolls
Choice of: Turkey, Ham & Cheese,
Vegetarian or Vegan
Fresh Vegetable Crudites with Dip
Assorted Chips
Double Fudge Brownies or Raspberry Bars
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May 25
Penne Pasta with Meat Sauce or Vegan Marinara Sauce
served with Parmesan Cheese (on the side)
Caesar Salad or Vegan greens
Garlic Toast
Peach Berry Crisp w/ whipped cream

May 29
Boneless Teriyaki Glazed Chicken Breast
Basmati Brown Rice Pilaf
Vegetarian Egg Rolls
Mandarin Romaine Salad w/ Sesame Dressing
Oatmeal Cookie or Snickerdoddle
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May 30
Creamy Chicken Wild Rice or Four Grain Vegetable Soup
Green Salad with Greek Vegetables & fresh lemon vinaigrette
Assorted Fruit and Cheese Trays
Dianne's Honey Wheat Rolls or Crackers
Our Famous Double Fudge Brownie or Apricot Dream Bar
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May 31
Seven Layer Tortilla Bake w/ Chicken, Vegetarian or Vegan Choices
Garden Salad with Assorted House Dressings
Fresh Sliced Fruit
Chips & Salsas
Carrot Cake with Cream Cheese Frosting
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June 1
Hot BBQ Turkey Sandwich on Fresh Kaiser Rolls
Vegan Burgers
Fresh Vegetable Pasta Salad w/ Vinaigrette Dressing
Fresh Fruit Trays
Assorted Chips
Pecan Pie Bar or Ginger Molasses Cookie

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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.

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