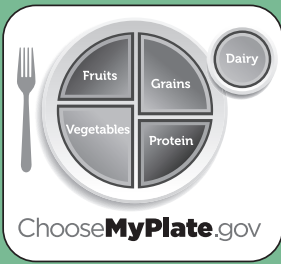


April 2018 High School Menu

Lunch is only \$3.00 and includes the following healthy choices:

Lean Protein • Veggies* (steamed & fresh) • Fruits* (fresh & canned) • Whole Grain Breads & Rice • Milk (low fat or fat free)



Fruits Every Day Selections vary to create variety: Apples, Bananas, Cantaloupe, Craisins, Grapefruit, Honeydew, Kiwi, Nectarines, Oranges, Peaches, Pears, Plums, Raisins, Strawberries, Tangerines, Watermelon

Vegetables Every Day Selections vary to create variety: Bell Peppers, Broccoli Florets, Carrot Sticks, Cauliflower Florets, Celery Sticks, Cherry/Grape Tomatoes, Cucumber Coins, Peas, Summer Squash, Zucchini



When you see an (L), this indicates locally sourced produce!

*Up to two cups per day. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Schools Closed	3 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Stick <i>Taco Fiesta Beans • Green Beans</i> <i>Oven Potatoes • Applesauce • Pineapple</i>	4 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick <i>Oven Potatoes • Broccoli Normandy</i> <i>Corn • Mandarin Oranges • Mixed Fruit</i>	5 Turkey & Gravy w/Corn Muffin Beef Dippers w/Rice Cherry Blossom Chicken Salad <i>Mashed Potatoes • Roasted Acorn Squash</i> <i>Baby Carrots • Mixed Green Salad • Peaches</i>	6 <i>Tasting of the Rainbow</i> Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad <i>Green Beans • Mixed Green Salad</i> <i>Oven Potatoes • Baby Carrots • Baked Fruit</i>
9 Chicken Tenders w/Pretzel Rod Pizza Sticks Garden Salad <i>Seasoned Rice • Baby Carrots • Broccoli</i> <i>Oven Potatoes • Mixed Green Salad • Applesauce</i>	10 Spicy Sichuan Chicken w/Rice Hot Dog Tuna Salad <i>Roasted Purple Sweet Potatoes (L) • Baby Carrots</i> <i>Mixed Green Salad • Mandarin Oranges</i>	11 <i>Two Hour Early Dismissal</i> Crispy Chicken Sandwich Pepperoni Stromboli Taco Salad <i>Green Beans • Mixed Green Salad</i> <i>Oven Potatoes • Baby Carrots • Peaches</i>	12 <i>Two Hour Early Dismissal</i> Taco w/Corn Chips Fiesta Pizza Cherry Blossom Chicken Salad <i>Oven Potatoes • Vegetarian Beans</i> <i>Baby Carrots • Mixed Green Salad • Pineapple</i>	13 Pizza Nacho Fish Sticks w/CornChips Salmon Salad <i>Roasted Carrots • Mixed Green Salad</i> <i>Oven Potatoes • Baby Carrots • Mixed Fruit</i>
16 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad <i>Seasoned Rice • Oven Potatoes</i> <i>Vegetarian Beans • Baby Carrots</i> <i>Mixed Green Salad • Mixed Fruit</i>	17 <i>Two Hour Early Dismissal</i> Korean BBQ Meatballs w/Rice Hot Dog Tuna Salad <i>Oven Potatoes • Mixed Green Salad</i> <i>Baby Carrots • Roasted Carrots • Peach Cup</i>	18 Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad <i>Peas • Mixed Green Salad • Oven Potatoes</i> <i>Baby Carrots • Applesauce</i>	19 Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad <i>Oven Potatoes • Broccoli • Baby Carrots</i> <i>Mixed Green Salad • Mandarin Oranges</i>	20 Pizza Macaroni & Cheese w/Garlic Bread Stick Salmon Salad <i>Green Beans • Oven Potatoes</i> <i>Baby Carrots • Mixed Green Salad • Pineapple</i>
23 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad <i>Pasta • Oven Potatoes</i> <i>Roasted Butternut Squash • Baby Carrots</i> <i>Mixed Green Salad • Mixed Fruit</i>	24 Taco w/Corn Chips Cheesy Chicken w/Corn Chips Tuna Salad <i>Taco Fiesta Beans • Mixed Green Salad</i> <i>Oven Potatoes • Baby Carrots • Peaches</i>	25 Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad <i>Baby Carrots • Oven Potatoes • Broccoli</i> <i>Applesauce • Mixed Green Salad</i>	26 Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad <i>Green Beans • Roasted Potatoes</i> <i>Baby Carrots • Pineapple • Mixed Green Salad</i>	27 Pizza Baked Fish w/Mango Habanero Rice Salmon Salad <i>Broccoli Normandy • Oven Potatoes</i> <i>Baby Carrots • Mixed Green Salad</i> <i>Mandarin Oranges</i>
30 Chicken Tenders w/Pretzel Rod Buffalo Chicken Pizza Garden Salad <i>Corn • Baby Carrots • Seasoned Rice</i> <i>Oven Potatoes • Mixed Green Salad • Pineapple</i>	Interested in a few hours of work? Come join our team! Apply on line at www.aacps.org Click – Join Our Team Click – APPLY NOW then select – Support Staff School-Based Search – (type in Food) then Click on Temporary Food Service Worker 1 (Substitute) <i>An equal opportunity employer</i>			

Breakfast
\$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Flip, Frudel, Graham Crackers, Mini Benefit Breakfast Bar, Mini Cinnis, Mini Loaf, Mini Muffin, Mini Oatmeal Bar, Mini Sweet Potato Roll, Muffin, Multi-Grain Breakfast Break, Nutri-Grain Bar, Oatmeal Bar, Pumpkin Bread, Sweet Potato Roll, Ultimate Breakfast Round, Zucchini Bread | Low Fat & Fat Free Milk, 100% Fruit Juice, Fruit



AACPS offers MyPaymentsPlus to manage your child's meal account on-line. Visit www.MyPaymentsPlus.com to register today.

Tune into Food for Thought on AACPS-TV:

Channel 36 (Verizon)
 Channel 96 (Comcast & Broadstripe)
 HD Channel 996 (Comcast)
 HD Channel 496 (Broadstripe)
 HD Channel 1961 (Verizon ViOS)

Learn more about the nutrient and allergen data. All of the healthy choices AACPS offers are found at <http://aacpschools.org/nutrition/nutrientdata/> or scan the QR Code.

