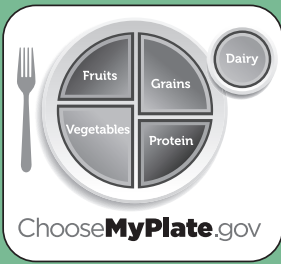


April 2019 Middle School Menu

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, 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
1 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Applesauce</i>	2 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad <i>Oven Potatoes • Taco Fiesta Beans Baby Carrots • Mixed Green Salad • Pineapple</i>	3 Crispy Chicken Sandwich Korean BBQ Meatballs w/Rice Taco Salad <i>Oven Potatoes • Broccoli Normandy Baby Carrots • Mixed Green Salad Mixed Fruit</i>	4 Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad <i>Oven Potatoes • Baby Carrots • Baked Fruit Roasted Butternut Squash • Mixed Green Salad</i>	5 <i>Tasting of the Rainbow</i> Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad <i>Oven Potatoes • Baby Carrots • Corn Mixed Green Salad • Mandarin Oranges</i>
8 <i>Two Hour Early Dismissal</i> Chicken Tenders w/Corn Muffin Black Bean & Cheese Burrito Garden Salad <i>Pears • Baby Carrots • Oven Potatoes Mixed Green Salad • Broccoli</i>	9 <i>Two Hour Early Dismissal</i> Orange Chicken w/Rice Hot Dog Chicken Tender Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Applesauce</i>	10 Crispy Chicken Sandwich Sloppy Joe Taco Salad <i>Green Beans • Mixed Green Salad Baby Carrots • Oven Potatoes • Pineapple</i>	11 Taco w/Corn Chips Fiesta Pizza Chef Salad <i>Oven Potatoes • Baby Carrots Mixed Green Salad • Mixed Fruit Vegetarian Beans</i>	12 Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad <i>Oven Potatoes • Mixed Green Salad Baby Carrots • Sunshine Carrots Baked Fruit</i>
15 Chicken Tenders w/Corn Muffin Steak and Cheese Sub Garden Salad <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Oven Potatoes Baked Fruit</i>	16 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Peaches</i>	17 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad <i>Oven Potatoes • Mixed Green Salad Baby Carrots • Corn • Peaches</i>	18 	19
22 	23 Taco w/Corn Chips Garlic French Bread Pizza <i>Oven Potatoes • Taco Fiesta Beans Baked Fruit • Mixed Fruit • Corn</i>	24 Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Bread Stick Taco Salad <i>Oven Potatoes • Green Beans • Peaches Baby Carrots • Mixed Green Salad</i>	25 Chicken Drumstick w/Corn Muffin BBQ Pork Sandwich Chef Salad <i>Oven Potatoes • Baby Carrots • Corn Mixed Green Salad • Peaches</i>	26 Pizza Baked Fish w/Mango Habanero Rice Salmon Salad <i>Oven Potatoes • Baby Carrots Mixed Green Salad • Broccoli Normandy Applesauce</i>
29 Chicken Tenders w/Corn Muffin Beef Dippers w/Rice Garden Salad <i>Corn • Baby Carrots • Oven Potatoes Mixed Green Salad • Pineapple</i>	30 General Tso's Chicken w/Rice Hot Dog Chicken Tender Salad <i>Oven Potatoes • Baby Carrots • Broccoli Mixed Green Salad • Mixed Fruit</i>	<p>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) An equal opportunity employer</p>		

Breakfast \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Blueberry Lemon Crispy Bites, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Flip, Goldfish (French Toast, Honey Bun), Graham Crackers, Mini Benefit Breakfast Bar, Mini Loaf, Mini Muffin, Mini Oatmeal Bar, Mini Sweet Potato Roll, Muffin, Multi-Grain Breakfast Break, Nutri-Grain Bar, Pumpkin Bread, String Cheese, Sweet Potato Roll, Ultimate Breakfast Round, Yogurt, 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://aacpsschools.org/nutrition/nutrientdata/> or scan the QR Code.

