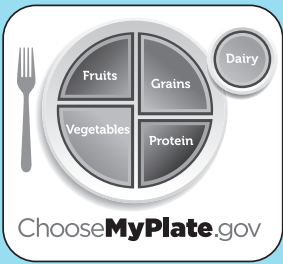


DECEMBER 2017

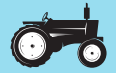
Lunch is only \$2.75 and includes the following healthy choices:



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
<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) <i>An equal opportunity employer</i></p>				<p>1 <i>Tasting of the Rainbow</i> Pizza Fish Taco w/Corn Chips Spicy Chicken Salad Hummus & Sunflower Seeds Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i></p>
<p>4 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>5 Taco w/Corn Chips Buffalo Chicken Pizza Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pineapple</i></p>	<p>6 Grilled Chicken Sandwich Parmesan Chicken Pasta Bake Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i></p>	<p>7 <i>2 Hour Early Dismissal</i> Chicken Cheesesteak Beef Dippers w/Rice Chef Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash (L) • Baby Carrot Mixed Green Salad • Baked Fruit</i></p>	<p>8  Schools Closed</p>
<p>11 Popcorn Chicken w/Pretzel Rod Chili w/Corn Muffin Garden Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Pears</i></p>	<p>12 Orange Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>13 Crispy Chicken Sandwich Pepperoni Stromboli Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i></p>	<p>14 Taco w/Corn Chips Fiesta Pizza Chef Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Mixed Fruit</i></p>	<p>15 Pizza Nacho Fish Sticks w/Corn Chips Spicy Chicken Salad Hummus & Sunflower Seeds Combo <i>Roasted Acorn Squash (L) • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>
<p>18 Popcorn Chicken w/Pretzel Rod Steak and Cheese Sub Garden Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>	<p>19 Teriyaki Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Peaches</i></p>	<p>20 Crispy Chicken Sandwich Cheese Calzones Taco Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Pears</i></p>	<p>21 Taco w/Corn Chips Chicken Quesadillas Chef Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>22 Pizza Pancakes w/Sausage Spicy Chicken Salad Hummus & Sunflower Seeds Combo <i>Green Beans • Oven Roasted Potatoes Mixed Fruit • Pineapple</i></p>
<p>25  Schools Closed</p>	<p>26  Schools Closed</p>	<p>27  Schools Closed</p>	<p>28  Schools Closed</p>	<p>29  Schools Closed</p>

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, 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:



Broadstripe: Channels 96 & 496 (HD)
 Comcast: Channels 96 & 996 (HD)
 Verizon: Channels 36 & 961 (HD)

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.

