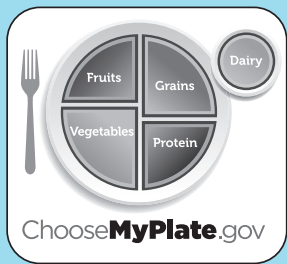


# December 2017 High School Menu

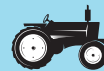
**Lunch is only \$3.00 and includes the following healthy choices:**

**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
<p><b>Interested in a few hours of work? Come join our team!</b>                      Apply on line at <a href="http://www.aacps.org">www.aacps.org</a>                      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>				<p><b>1</b> <i>Tasting of the Rainbow</i>                      Pizza                      Fish Taco w/Corn Chips                      Spicy Chicken Salad</p> <p><i>Oven Potatoes • Taco Fiesta Beans                      Baby Carrots • Mixed Green Salad • Pears</i></p>
<p><b>4</b>                      Boneless Chicken Wings                      w/Pretzel Rod                      Chicken Fajitas                      Garden Salad</p> <p><i>Pasta • Corn • Baby Carrots • Oven Potatoes                      Mandarin Oranges • Mixed Green Salad</i></p>	<p><b>5</b>                      Taco w/Corn Chips                      Buffalo Chicken Pizza                      Tuna Salad</p> <p><i>Taco Fiesta Beans • Baby Carrots • Pineapple                      Mixed Green Salad • Oven Potatoes</i></p>	<p><b>6</b>                      Grilled Chicken Sandwich                      Parmesan Chicken Pasta Bake                      Taco Salad</p> <p><i>Broccoli Normandy • Mixed Green Salad                      Oven Potatoes • Mixed Fruit • Baby Carrots</i></p>	<p><b>7</b> <i>Two Hour Early Dismissal</i>                      Chicken Cheesesteak                      Beef Dippers w/Rice                      Chef Salad</p> <p><i>Oven Potatoes • Baby Carrots                      Roasted Butternut Squash (L)                      Mixed Green Salad • Baked Fruit</i></p>	<p><b>8</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></p>
<p><b>11</b>                      Chicken Tenders w/Pretzel Rod                      Chili w/Corn Muffin                      Garden Salad</p> <p><i>Seasoned Rice • Broccoli • Baby Carrots                      Oven Potatoes • Mixed Green Salad • Pears</i></p>	<p><b>12</b>                      Orange Chicken w/Rice                      Hot Dog                      Tuna Salad</p> <p><i>Corn • Baby Carrots • Mixed Green Salad                      Oven Potatoes • Mandarin Oranges</i></p>	<p><b>13</b>                      Crispy Chicken Sandwich                      Pepperoni Stromboli                      Taco Salad</p> <p><i>Green Beans • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pineapple</i></p>	<p><b>14</b>                      Taco w/Corn Chips                      Fiesta Pizza                      Chef Salad</p> <p><i>Oven Potatoes • Baby Carrots • Vegetarian                      Beans • Mixed Green Salad • Mixed Fruit</i></p>	<p><b>15</b>                      Pizza                      Nacho Fish Sticks                      w/Corn Chips                      Spicy Chicken Salad</p> <p><i>Roasted Acorn Squash (L) • Baby Carrots                      Oven Potatoes • Mixed Green Salad                      Baked Fruit</i></p>
<p><b>18</b>                      Chicken Tenders w/Pretzel Rod                      Steak and Cheese Sub                      Garden Salad</p> <p><i>Oven Potatoes • Vegetarian Beans                      Baby Carrots • Mixed Green Salad                      Seasoned Rice • Baked Fruit</i></p>	<p><b>19</b>                      Teriyaki Chicken w/Rice                      Hot Dog                      Tuna Salad</p> <p><i>Roasted Carrots • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Peaches</i></p>	<p><b>20</b>                      Crispy Chicken Sandwich                      Cheese Calzone                      Taco Salad</p> <p><i>Peas • Baby Carrots • Oven Potatoes                      Pears • Mixed Green Salad</i></p>	<p><b>21</b>                      Taco w/Corn Chips                      Chicken Quesadilla                      Chef Salad</p> <p><i>Broccoli • Baby Carrots • Oven Potatoes                      Mandarin Oranges • Mixed Green Salad</i></p>	<p><b>22</b>                      Pizza                      Pancakes w/Sausage                      Spicy Chicken Salad</p> <p><i>Green Beans • Oven Potatoes                      Pineapple • Mixed Fruit</i></p>
<p><b>25</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></p>	<p><b>26</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></p>	<p><b>27</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></p>	<p><b>28</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></p>	<p><b>29</b></p> <p style="font-size: 2em; color: #00a0e3;">❄️</p> <p style="text-align: center;"><b>Schools Closed</b></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, 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](http://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.

