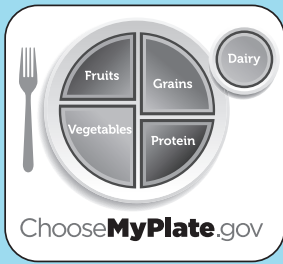


December 2017 Middle School Menu

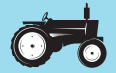
Lunch is only \$3.00 and includes the following healthy choices:



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, 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) An equal opportunity employer</p>				<p>1 Tasting of the Rainbow 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>4 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad</p> <p><i>Corn • Baby Carrots • Oven Potatoes Mandarin Oranges • Mixed Green Salad</i></p>	<p>5 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>6 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>7 Two Hour Early Dismissal 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>8  Schools Closed</p>
<p>11 Chicken Tenders w/Pretzel Rod Chili w/Corn Muffin Garden Salad</p> <p><i>Broccoli • Baby Carrots • Pears Oven Potatoes • Mixed Green Salad</i></p>	<p>12 Orange Chicken w/Rice Hot Dog Tuna Salad</p> <p><i>Corn • Baby Carrots • Mixed Green Salad Oven Potatoes • Mandarin Oranges</i></p>	<p>13 Crispy Chicken Sandwich Pepperoni Stromboli Taco Salad</p> <p><i>Green Beans • Mixed Green Salad Baby Carrots • Oven Potatoes • Pineapple</i></p>	<p>14 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>15 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>18 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad</p> <p><i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Baked Fruit</i></p>	<p>19 Teriyaki Chicken w/Rice Hot Dog Tuna Salad</p> <p><i>Roasted Carrots • Mixed Green Salad Baby Carrots • Oven Potatoes • Peaches</i></p>	<p>20 Crispy Chicken Sandwich Cheese Calzone Taco Salad</p> <p><i>Peas • Baby Carrots • Oven Potatoes Pears • Mixed Green Salad</i></p>	<p>21 Taco w/Corn Chips Chicken Quesadilla Chef Salad</p> <p><i>Broccoli • Baby Carrots • Oven Potatoes Mandarin Oranges • Mixed Green Salad</i></p>	<p>22 Pizza Pancakes w/Sausage Spicy Chicken Salad</p> <p><i>Green Beans • Oven Potatoes Pineapple • Mixed Fruit</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, 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.

