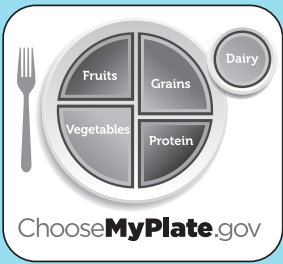


DECEMBER 2018

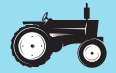
Lunch is only \$2.75 and includes the following healthy choices:



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
3 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Potatoes • Applesauce Baby Carrots • Mixed Green Salad</i>	4 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Pineapple Baby Carrots • Mixed Green Salad</i>	5 Crispy Chicken Sandwich Korean BBQ Meatballs Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Mixed Fruit Baby Carrots • Mixed Green Salad</i>	6 <i>Two Hour Early Dismissal</i> Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash (L) • Baked Fruit Baby Carrots • Mixed Green Salad</i>	7 <i>Tasting of the Rainbow</i> Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad Hummus & Sunflower Seeds Combo <i>Corn • Mandarin Oranges Baby Carrots • Mixed Green Salad</i>
10 Popcorn Chicken w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad Cheese & Yogurt Combo <i>Broccoli • Pears Baby Carrots • Mixed Green Salad</i>	11 Orange Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Corn • Applesauce Baby Carrots • Mixed Green Salad</i>	12 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Green Beans • Pineapple Baby Carrots • Mixed Green Salad</i>	13 Taco w/Corn Chips Fiesta Pizza Chef Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Mixed Fruit Baby Carrots • Mixed Green Salad</i>	14 Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Roasted Carrots • Baked Fruit Baby Carrots • Mixed Green Salad</i>
17 Popcorn Chicken w/Pretzel Rod Steak & Cheese Sub Garden Salad Cheese & Yogurt Combo <i>Roasted Acorn Squash • Baby Carrots Baked Fruit • Mixed Green Salad</i>	18 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Peaches Baby Carrots • Mixed Green Salad</i>	19 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Corn • Pears Baby Carrots • Mixed Green Salad</i>	20 Taco w/Corn Chips Chicken Quesadilla Chef Salad Cheese & Yogurt Combo <i>Broccoli • Applesauce Baby Carrots • Mixed Green Salad</i>	21 Stuffed Crust Pizza Fish Sandwich Salmon Salad Hummus & Sunflower Seeds Combo <i>Green Beans • Pineapple Baby Carrots • Mixed Green Salad</i>
24 	25 	26 	27 	28

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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), Cinnamon Roll Goldfish, Flip, French Toast Goldfish, 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, Oatmeal Bar, Pumpkin Bread, String Cheese, Sweet Potato Roll, Ultimate Breakfast Round, Yogurt, Zucchini Bread | Low Fat & Fat Free Milk, 100% Fruit Juice, Fruit

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 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.

