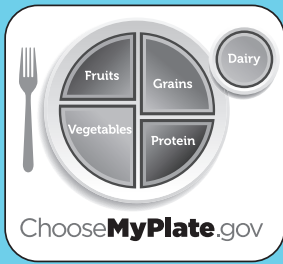


December 2018 Middle School Menu

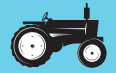
Lunch is only \$3.00 and includes the following healthy choices:

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



AACPS offers MyPaymentsPlus to manage your child's meal account on-line. Visit www.MyPaymentsPlus.com to register today.

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- 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.

