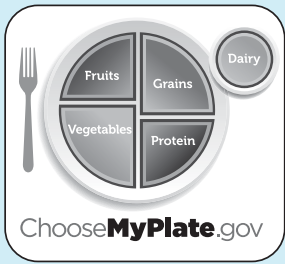


FEBRUARY 2018

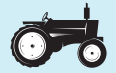
Lunch is only \$2.75 and includes the following healthy choices:



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
<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 Taco w/Corn Chips Fiesta Pizza Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Pineapple</i></p>	<p>2 <i>Tasting of the Rainbow</i> Pizza Nacho Fish Sticks w/Corn Chips Salmon Kale Salad SunButter & Cheese Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Mixed Fruit</i></p>
<p>5 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>6 Korean BBQ Meatballs w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Peach Cup</i></p>	<p>7 <i>Two Hour Early Dismissal</i> Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Applesauce</i></p>	<p>8 Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>9 Pizza Fish Sandwich Salmon Kale Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i></p>
<p>12 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash • Baby Carrots Mixed Green Salad • Mixed Fruit</i></p>	<p>13 Taco w/Corn Chips Cheesy Chicken w/Corn Chips Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Peaches</i></p>	<p>14 <i>#iLoveMMFA</i> Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Kale • Baby Carrots Mixed Green Salad • Strawberry Cup</i></p>	<p>15 Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Roasted Purple Sweet Potatoes (L) • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>	<p>16 Pizza Baked Fish w/Mango Habanero Rice Salmon Kale Salad SunButter & Cheese Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Pears</i></p>
<p>19  Schools Closed</p>	<p>20 Teriyaki Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>	<p>21 Crispy Chicken Sandwich Meatball Sub Taco Salad Cheese & Yogurt Combo <i>Roasted Brussels Sprouts • Baby Carrots Mixed Green Salad • Mixed Fruit</i></p>	<p>22 Taco w/Corn Chips Cheeseburger Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Carrots • Baby Carrots Mixed Green Salad • Peaches</i></p>	<p>23 Pizza Fish Taco w/Corn chips Salmon Kale Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Applesauce</i></p>
<p>26 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>27 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Stick Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i></p>	<p>28 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i></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:

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.

