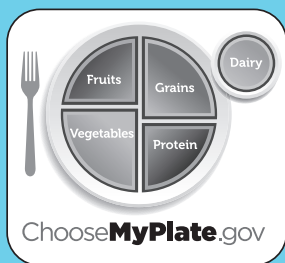


February 2018 High School Menu

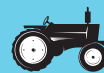
Lunch is only \$3.00 and includes the following healthy choices:

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>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</p> <p><i>Oven Potatoes • 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 Salad</p> <p><i>Oven Potatoes • Roasted Carrots • Mixed Fruit Baby Carrots • Mixed Green Salad</i></p>
<p>5 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad</p> <p><i>Seasoned Rice • Baby Carrots • Vegetarian Beans Oven Potatoes • Mixed Fruit • Mixed Green Salad</i></p>	<p>6 Korean BBQ Meatballs w/Rice Hot Dog Tuna Salad</p> <p><i>Roasted Carrots • Baby Carrots • Peach Cup Mixed Green Salad • Oven Potatoes</i></p>	<p>7 <i>Two Hour Early Dismissal</i> Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad</p> <p><i>Peas • Mixed Green Salad • Oven Potatoes Applesauce • Baby Carrots</i></p>	<p>8 Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Baby Carrots Broccoli • Mandarin Oranges Mixed Green Salad</i></p>	<p>9 Pizza Fish Sandwich Salmon Salad</p> <p><i>Green Beans • Baby Carrots • Oven Potatoes Mixed Green Salad • Pineapple</i></p>
<p>12 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad</p> <p><i>Pasta • Oven Potatoes • 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</p> <p><i>Taco Fiesta Beans • Baby Carrots • Mixed Green Salad • Oven Potatoes • Peaches</i></p>	<p>14 <i>#ILoveMMFA</i> Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad</p> <p><i>Kale • Mixed Green Salad • Strawberry Cup Baby Carrots • Oven Potatoes • Mixed Fruit</i></p>	<p>15 Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad</p> <p><i>Purple Sweet Potatoes Green Beans • Mixed Green Salad Baked Fruit • Baby Carrots</i></p>	<p>16 Pizza Baked Fish w/Mango Habanero Rice Salmon Salad</p> <p><i>Broccoli Normandy • Baby Carrots Oven Potatoes • Mixed Green Salad • Peas</i></p>
<p>19  Schools Closed</p>	<p>20 Teriyaki Chicken w/Rice Hot Dog Tuna Salad</p> <p><i>Broccoli • Mixed Green Salad Baby Carrots • Oven Potatoes • Baked Fruit</i></p>	<p>21 Crispy Chicken Sandwich Meatball Sub Taco Salad</p> <p><i>Baby Carrots • Oven Potatoes Mixed Fruit • Roasted Brussels Sprouts Mixed Green Salad</i></p>	<p>22 Taco w/Corn Chips Cheeseburger Cherry Blossom Chicken Salad</p> <p><i>Carrots • Baby Carrots • Oven Potatoes Peaches • Mixed Green Salad</i></p>	<p>23 Pizza Fish Taco w/Corn Chips Salmon Salad</p> <p><i>Taco Fiesta Beans • Oven Potatoes Baby Carrots • Mixed Green Salad • Applesauce</i></p>
<p>26 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad</p> <p><i>Corn • Baby Carrots • Mandarin Oranges Seasoned Rice • Oven Potatoes Mixed Green Salad</i></p>	<p>27 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Sticks Tuna Salad</p> <p><i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Oven Potatoes • Peas</i></p>	<p>28 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad</p> <p><i>Oven Potatoes • 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:

- 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.

