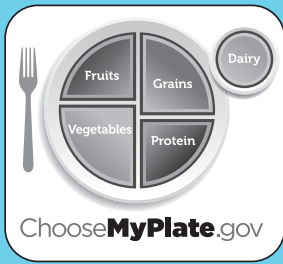


# February 2019 High School Menu

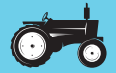
**Lunch is only \$3.00 and includes the following healthy choices:**



**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, 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><b>Interested in a few hours of work? Come join our team!</b>                      Apply on line at <a href="http://www.aacps.org">www.aacps.org</a>                      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><b>1 Tasting of the Rainbow</b>                      Pizza                      Baked Fish                      w/Mango Habanero Rice                      Salmon Salad</p> <p><i>Oven Potatoes • Baby Carrots • Applesauce                      Mixed Green Salad • Broccoli Normandy</i></p>
<p><b>4</b></p> <p><b>Chicken Tenders</b> w/Pretzel Rod <b>Beef Dippers</b> w/Rice <b>Garden Salad</b></p> <p><i>Corn • Baby Carrots                      Oven Potatoes • Seasoned Rice                      Mixed Green Salad • Pineapple</i></p>	<p><b>5</b></p> <p><b>General Tso's Chicken</b> w/Rice <b>Hot Dog</b> <b>Chicken Tender Salad</b></p> <p><i>Broccoli • Baby Carrots • Oven Potatoes                      Mixed Green Salad • Mixed Fruit</i></p>	<p><b>6 Two Hour Early Dismissal</b></p> <p><b>Crispy Chicken Sandwich</b> <b>Parmesan Chicken Pasta Bake</b> w/Garlic Bread Stick <b>Taco Salad</b></p> <p><i>Roasted Brussels Sprouts                      Mixed Green Salad • Baby Carrots                      Oven Potatoes • Pineapple</i></p>	<p><b>7</b></p> <p><b>Taco</b> w/Corn Chips <b>Chicken Cheese Steak</b> <b>Chef Salad</b></p> <p><i>Oven Potatoes • Baby Carrots                      Peaches • Mixed Green Salad                      Roasted Acorn Squash</i></p>	<p><b>8</b></p> <p><b>Stuffed Crust Pizza</b> <b>Fish Taco</b> w/Corn Chips <b>Salmon Salad</b></p> <p><i>Taco Fiesta Beans • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pears</i></p>
<p><b>11</b></p> <p><b>Boneless Chicken Wings</b> w/Pretzel Rod <b>Chicken Fajitas</b> <b>Garden Salad</b></p> <p><i>Pasta • Baby Carrots                      Oven Potatoes • Mixed Green Salad                      Green Beans • Applesauce</i></p>	<p><b>12</b></p> <p><b>Taco</b> w/Corn Chips <b>Buffalo Chicken Pizza</b> <b>Chicken Tender Salad</b></p> <p><i>Taco Fiesta Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Pineapple</i></p>	<p><b>13</b></p> <p><b>Crispy Chicken Sandwich</b> <b>Korean BBQ Meatballs</b> w/Rice <b>Taco Salad</b></p> <p><i>Broccoli Normandy • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Mixed Fruit</i></p>	<p><b>14 #ILove MMFA</b></p> <p><b>Cheesy Chicken</b> w/Corn Chips <b>Cheeseburger</b> <b>Chef Salad</b></p> <p><i>Roasted Butternut Squash • Baby Carrots                      Mixed Green Salad                      Oven Potatoes • Strawberry Cup</i></p>	<p><b>15</b></p> <p><b>Pizza</b> <b>Baked Fish</b> w/Cilantro Lime Rice <b>Salmon Salad</b></p> <p><i>Corn • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Mandarin Oranges</i></p>
<p><b>18</b></p> <p style="text-align: center;"><b>Schools Closed</b></p>	<p><b>19</b></p> <p><b>Orange Chicken</b> w/Rice <b>Hot Dog</b> <b>Chicken Tender Salad</b></p> <p><i>Corn • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Applesauce</i></p>	<p><b>20</b></p> <p><b>Crispy Chicken Sandwich</b> <b>Chicken Alfredo</b> w/Garlic Bread Stick <b>Taco Salad</b></p> <p><i>Green Beans • Pineapple • Baby Carrots                      Mixed Green Salad • Oven Potatoes</i></p>	<p><b>21</b></p> <p><b>Taco</b> w/Corn Chips <b>Fiesta Pizza</b> <b>Chef Salad</b></p> <p><i>Mixed Fruit • Baby Carrots • Oven Potatoes                      Mixed Green Salad • Vegetarian Beans</i></p>	<p><b>22</b></p> <p><b>Stuffed Crust Pizza</b> <b>Nacho Fish Sticks</b> w/Corn Chips <b>Salmon Salad</b></p> <p><i>Oven Potatoes • Peaches • Baby Carrots                      Mixed Green Salad • Roasted Carrots</i></p>
<p><b>25</b></p> <p><b>Chicken Tenders</b> w/Pretzel Rod <b>Steak and Cheese Sub</b> <b>Garden Salad</b></p> <p><i>Baby Carrots • Oven Potatoes                      Mixed Green Salad • Roasted Carrots                      Seasoned Rice • Mixed Fruit</i></p>	<p><b>26</b></p> <p><b>Teriyaki Chicken</b> w/Rice <b>Hot Dog</b> <b>Chicken Tender Salad</b></p> <p><i>Oven Potatoes • Baby Carrots • Peaches                      Mixed Green Salad • Vegetarian Beans</i></p>	<p><b>27</b></p> <p><b>Crispy Chicken Sandwich</b> <b>Italian Sausage Pasta Bake</b> w/Garlic Bread Stick <b>Taco Salad</b></p> <p><i>Oven Potatoes • Baby Carrots • Pears                      Mixed Green Salad • Corn</i></p>	<p><b>28</b></p> <p><b>Taco</b> w/Corn Chips <b>Chicken Quesadilla</b> <b>Chef Salad</b></p> <p><i>Oven Potatoes • Baby Carrots • Broccoli                      Mixed Green Salad • Applesauce</i></p>	

## Breakfast \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Blueberry Lemon Crispy Bites, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Flip, Goldfish (French Toast, Honey Bun), 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, 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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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.

