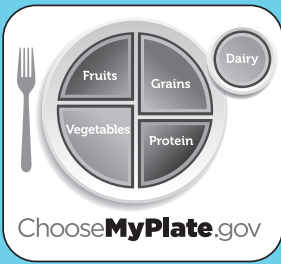


February 2019 Middle School Menu

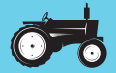
Lunch is only \$3.00 and includes the following healthy choices:



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
<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 Tasting of the Rainbow 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>4</p> <p>Chicken Tenders w/Pretzel Rod Beef Dippers w/Rice Garden Salad</p> <p><i>Corn • Baby Carrots • Oven Potatoes Mixed Green Salad • Pineapple</i></p>	<p>5</p> <p>General Tso's Chicken w/Rice Hot Dog Chicken Tender Salad</p> <p><i>Oven Potatoes • Baby Carrots • Broccoli Mixed Green Salad • Mixed Fruit</i></p>	<p>6 Two Hour Early Dismissal</p> <p>Crispy Chicken Sandwich Parmesan Chicken Pasta Bake w/Garlic Bread Stick Taco Salad</p> <p><i>Roasted Brussels Sprouts • Mixed Green Salad Baby Carrots • Oven Potatoes • Baked Fruit</i></p>	<p>7</p> <p>Taco w/Corn Chips Chicken Cheese Steak Chef Salad</p> <p><i>Oven Potatoes • Baby Carrots Mixed Green Salad • Peaches Roasted Acorn Squash</i></p>	<p>8</p> <p>Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad</p> <p><i>Oven Potatoes • Mixed Green Salad Baby Carrots • Pears • Taco Fiesta Beans</i></p>
<p>11</p> <p>Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad</p> <p><i>Green Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Applesauce</i></p>	<p>12</p> <p>Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad</p> <p><i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Pineapple</i></p>	<p>13</p> <p>Crispy Chicken Sandwich Korean BBQ Meatbals w/Rice Taco Salad</p> <p><i>Oven Potatoes • Mixed Green Salad Baby Carrots • Broccoli Normandy • Mixed Fruit</i></p>	<p>14 #ILoveMMFA</p> <p>Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad</p> <p><i>Roasted Butternut Squash • Baby Carrots Strawberry Cup • Mixed Green Salad Oven Potatoes</i></p>	<p>15</p> <p>Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad</p> <p><i>Mandarin Oranges • Baby Carrots Mixed Green Salad • Oven Potatoes • Corn</i></p>
<p>18</p> <p style="text-align: center;">Schools Closed</p>	<p>19</p> <p>Orange Chicken w/Rice Hot Dog Chicken Tender Salad</p> <p><i>Oven Potatoes • Baby Carrots • Corn Mixed Green Salad • Applesauce</i></p>	<p>20</p> <p>Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad</p> <p><i>Oven Potatoes • Green Beans • Pineapple Baby Carrots • Mixed Green Salad</i></p>	<p>21</p> <p>Taco w/Corn Chips Fiesta Pizza Chef Salad</p> <p><i>Oven Potatoes • Baby Carrots • Mixed Fruit Vegetarian Beans • Mixed Green Salad</i></p>	<p>22</p> <p>Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad</p> <p><i>Oven Potatoes • Baby Carrots Mixed Green Salad • Roasted Carrots Baked Fruit</i></p>
<p>25</p> <p>Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad</p> <p><i>Roasted Carrots • Baby Carrots Oven Potatoes • Mixed Green Salad Baked Fruit</i></p>	<p>26</p> <p>Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad</p> <p><i>Oven Potatoes • Baby Carrots • Peaches Mixed Green Salad • Vegetarian Beans</i></p>	<p>27</p> <p>Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad</p> <p><i>Oven Potatoes • Baby Carrots • Pears Mixed Green Salad • Corn</i></p>	<p>28</p> <p>Taco w/Corn Chips Chicken Quesadilla Chef Salad</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



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://aacpsschools.org/nutrition/nutrientdata/> or scan the QR Code.

