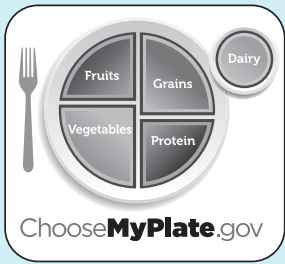


JANUARY 2018

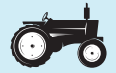
Lunch is only \$2.75 and includes the following healthy choices:



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
1 Schools Closed	2 Korean BBQ Meatballs w/Rice Burrito Cheese & Yogurt Combo <i>Carrots • Corn Mixed Fruit • Peach Cup</i>	3 Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	4 Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	5 <i>Tasting of the Rainbow</i> Pizza Fish Sandwich Salmon Kale Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
8 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	9 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>	10 Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	11 Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	12 Pizza Baked Fish w/Mango Habanero Rice Salmon Kale Salad SunButter & Cheese Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Pears</i>
15 Schools Closed	16 Teriyaki Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	17 Crispy Chicken Sandwich Meatball Sub Taco Salad Cheese & Yogurt Combo <i>Roasted Brussels Sprouts • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	18 Taco w/Corn Chips Cheeseburger Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	19 Pizza Fish Taco w/Corn Chips Salmon Kale Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Applesauce</i>
22 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	23 Taco w/Corn Chips Macaroni & Cheese w/Garlic Breadstick Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i>	24 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	25 Turkey & Gravy w/Corn Muffin Beef Dippers w/Rice Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Peaches • Mashed Potatoes</i>	26 Pizza Baked Fish w/Cilantro Lime Rice Salmon Kale Salad SunButter & Cheese Combo <i>Kale • Baby Carrots Mixed Green Salad • Baked Fruit</i>
29 <i>Two Hour Early Dismissal</i> Popcorn Chicken w/Pretzel Rod Pizza Sticks Garden Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	30 <i>Two Hour Early Dismissal</i> Spicy Sichuan Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Roasted Purple Sweet Potatoes (L) • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	31 Schools Closed	Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org	

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)

It's easy and convenient to apply for meal benefits for your child(ren). No need to complete a paper application. Go to <https://applyformeals.aacps.org/> or scan the QR Code.

