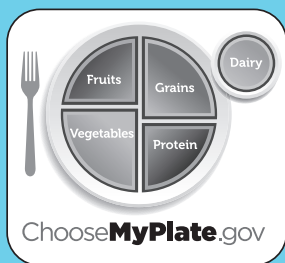


January 2018 High School Menu

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

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)

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.

