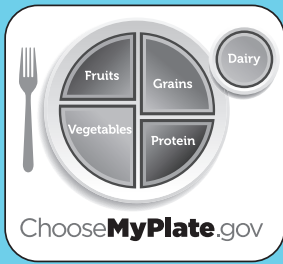


January 2019 High School Menu

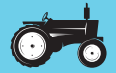
Lunch is only \$3.00 and includes the following healthy choices:

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
	1 Schools Closed	2 Pizza Corn Dog <i>Oven Potatoes • Corn • Broccoli Pineapple • Baked Fruit</i>	3 Taco w/Corn Chips Garlic French Bread Pizza Chef Salad <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Oven Potatoes • Baked Fruit</i>	4 <i>Tasting of the Rainbow</i> Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad <i>Oven Potatoes • Pears • Baby Carrots Mixed Green Salad • Taco Fiesta Beans</i>
7 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad <i>Green Beans • Baby Carrots Oven Potatoes • Pasta Mixed Green Salad • Applesauce</i>	8 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad <i>Pineapple • Baby Carrots • Oven Potatoes Mixed Green Salad • Taco Fiesta Beans</i>	9 Crispy Chicken Sandwich Korean BBQ Meatballs w/Rice Taco Salad <i>Broccoli Normandy • Mixed Green Salad Baby Carrots • Oven Potatoes • Mixed Fruit</i>	10 Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad <i>Oven Potatoes • Baby Carrots Peaches • Mixed Green Salad Roasted Butternut Squash</i>	11 Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad <i>Mandarin Oranges • Mixed Green Salad Baby Carrots • Oven Potatoes • Corn</i>
14 Chicken Tenders w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad <i>Seasoned Rice • Baby Carrots Oven Potatoes • Mixed Green Salad Broccoli • Pears</i>	15 Orange Chicken w/Rice Hot Dog Chicken Tender Salad <i>Corn • Baby Carrots Mixed Green Salad • Oven Potatoes Applesauce</i>	16 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad <i>Green Beans • Mixed Green Salad Baby Carrots • Oven Potatoes • Pineapple</i>	17 Taco w/Corn Chips Fiesta Pizza Chef Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad Oven Potatoes • Mixed Fruit</i>	18 Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Oven Potatoes Peaches</i>
21 Schools Closed	22 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Mixed Fruit</i>	23 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad <i>Pears • Corn • Baby Carrots Mixed Green Salad • Oven Potatoes</i>	27 Taco w/Corn Chips Chicken Quesadilla Chef Salad <i>Broccoli • Baby Carrots • Oven Potatoes Mixed Green Salad • Applesauce</i>	25 Stuffed Crust Pizza Fish Sandwich Salmon Salad <i>Oven Potatoes • Pineapple • Baby Carrots Mixed Green Salad • Green Beans</i>
28 Boneless Chicken Wings w/Pretzel Rod General Tso's Beef w/Rice Garden Salad <i>Pasta • Baby Carrots • Oven Potatoes Mixed Green Salad • Mandarin Oranges Roasted Butternut Squash</i>	29 <i>Two Hour Early Dismissal</i> Taco w/Corn Chips Garlic French Bread Pizza Chicken Tender Salad <i>Oven Potatoes • Baby Carrots • Baked Fruit Mixed Green Salad • Taco Fiesta Beans</i>	30 <i>Two Hour Early Dismissal</i> Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Bread Stick Taco Salad <i>Oven Potatoes • Baby Carrots • Peaches Mixed Green Salad • Green Beans</i>	31 Schools Closed	

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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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.

