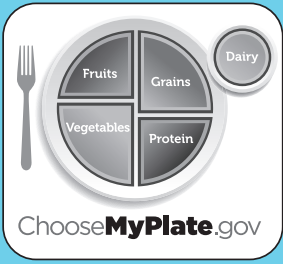


# January 2019 Middle School Menu

**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  |
|---|---|---|--|---|
|   | 1<br><b>Schools Closed</b>  | 2<br>Pizza<br>Corn Dog<br><br><i>Oven Potatoes • Corn<br/>Broccoli • Pineapple • Baked Fruit</i>  | 3<br>Taco w/Corn Chips<br>Garlic French Bread Pizza<br>Chef Salad<br><br><i>Oven Potatoes • Roasted Acorn Squash<br/>Baby Carrots • Mixed Green Salad • Peaches</i>            | 4 <i>Tasting of the Rainbow</i><br>Stuffed Crust Pizza<br>Fish Taco w/Corn Chips<br>Salmon Salad<br><br><i>Oven Potatoes • Baby Carrots • Pears<br/>Mixed Green Salad • Taco Fiesta Beans</i> |
| 7<br>Boneless Chicken Wings<br>w/Pretzel Rod<br>Chicken Fajitas<br>Garden Salad<br><br><i>Green Beans • Baby Carrots<br/>Oven Potatoes • Mixed Green Salad<br/>Applesauce</i>                               | 8<br>Taco w/Corn Chips<br>Buffalo Chicken Pizza<br>Chicken Tender Salad<br><br><i>Oven Potatoes • Baby Carrots • Pineapple<br/>Mixed Green Salad • Taco Fiesta Beans</i>  | 9<br>Crispy Chicken Sandwich<br>Korean BBQ Meatballs<br>w/Rice<br>Taco Salad<br><br><i>Broccoli Normandy • Mixed Green Salad<br/>Baby Carrots • Oven Potatoes • Mixed Fruit</i>                                   | 10<br>Cheesy Chicken<br>w/Corn Chips<br>Cheeseburger<br>Chef Salad<br><br><i>Oven Potatoes • Baby Carrots<br/>Mixed Green Salad • Baked Fruit<br/>Roasted Butternut Squash</i> | 11<br>Pizza<br>Baked Fish<br>w/Cilantro Lime Rice<br>Salmon Salad<br><br><i>Oven Potatoes • Mixed Green Salad<br/>Baby Carrots • Corn • Mandarin Oranges</i>                                  |
| 14<br>Chicken Tenders<br>w/Pretzel Rod<br>Black Bean & Cheese Burrito<br>Garden Salad<br><br><i>Broccoli • Baby Carrots<br/>Mixed Green Salad • Oven Potatoes<br/>Pears</i>                                 | 15<br>Orange Chicken w/Rice<br>Hot Dog<br>Chicken Tender Salad<br><br><i>Corn • Baby Carrots<br/>Mixed Green Salad • Oven Potatoes<br/>Applesauce</i>   | 16<br>Crispy Chicken Sandwich<br>Chicken Alfredo<br>w/Garlic Bread Stick<br>Taco Salad<br><br><i>Oven Potatoes • Green Beans • Pineapple<br/>Baby Carrots • Mixed Green Salad</i>                                 | 17<br>Taco w/Corn Chips<br>Fiesta Pizza<br>Chef Salad<br><br><i>Vegetarian Beans • Baby Carrots • Mixed Fruit<br/>Mixed Green Salad • Oven Potatoes</i>                        | 18<br>Stuffed Crust Pizza<br>Nacho Fish Sticks<br>w/Corn Chips<br>Salmon Salad<br><br><i>Roasted Carrots • Baby Carrots<br/>Mixed Green Salad • Oven Potatoes • Baked Fruit</i>               |
| 21<br><b>Schools Closed</b>   | 22<br>Teriyaki Chicken w/Rice<br>Hot Dog<br>Chicken Tender Salad<br><br><i>Oven Potatoes • Baby Carrots • Peaches<br/>Mixed Green Salad • Vegetarian Beans</i>  | 23<br>Crispy Chicken Sandwich<br>Italian Sausage Pasta Bake<br>w/Garlic Bread Stick<br>Taco Salad<br><br><i>Oven Potatoes • Corn • Pears<br/>Baby Carrots • Mixed Green Salad</i>                                 | 24<br>Taco w/Corn Chips<br>Chicken Quesadilla<br>Chef Salad<br><br><i>Oven Potatoes • Baby Carrots • Broccoli<br/>Mixed Green Salad • Applesauce</i>                           | 25<br>Stuffed Crust Pizza<br>Fish Sandwich<br>Salmon Salad<br><br><i>Oven Potatoes • Baby Carrots<br/>Mixed Green Salad • Green Beans<br/>Pineapple</i>                                       |
| 28<br>Boneless Chicken Wings<br>w/Pretzel Rod<br>General Tso's Beef w/Rice<br>Garden Salad<br><br><i>Roasted Butternut Squash • Baby Carrots<br/>Oven Potatoes • Mixed Green Salad<br/>Mandarin Oranges</i> | 29 <i>Two Hour Early Dismissal</i><br>Taco w/Corn Chips<br>Garlic French Bread Pizza<br>Chicken Tender Salad<br><br><i>Oven Potatoes • Baby Carrots • Baked Fruit<br/>Mixed Green Salad • Taco Fiesta Beans</i> | 30 <i>Two Hour Early Dismissal</i><br>Crispy Chicken Sandwich<br>Macaroni & Cheese<br>w/Garlic Bread Stick<br>Taco Salad<br><br><i>Oven Potatoes • Baby Carrots • Peaches<br/>Mixed Green Salad • Green Beans</i> | 31<br><b>Schools Closed</b>  |   |

**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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