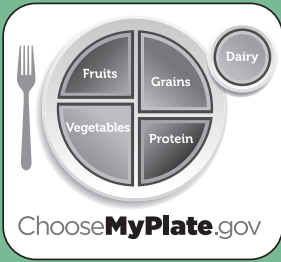


June 2018 High School Menu

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 |
|---|---|--|--|---|
| <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 Macaroni & Cheese w/Garlic Bread Stick Salmon Salad</p> <p><i>Broccoli Normandy • Mixed Green Salad Oven Potatoes • Baby Carrots • Pears</i></p> |
| <p>4 Chicken Tenders w/Pretzel Rod Buffalo Chicken Pizza Garden Salad</p> <p><i>Seasoned Rice • Baby Carrots • Corn Roasted Potatoes • Mixed Green Salad Pineapple</i></p> | <p>5 Teriyaki Chicken w/Rice Hot Dog Tuna Salad</p> <p><i>Oven Potatoes • Broccoli • Baked Fruit Baby Carrots • Mixed Green Salad</i></p> | <p>6 Crispy Chicken Sandwich Meatball Sub Taco Salad</p> <p><i>Roasted Brussel Sprouts • Oven Potatoes Mixed Green Salad • Baby Carrots • Mixed Fruit</i></p> | <p>7 Taco w/Corn Chips Hamburger Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Mandarin Oranges Baby Carrots • Mixed Green Salad • Carrots</i></p> | <p>8 Pizza General TSO's Beef w/Rice Salmon Salad</p> <p><i>Taco Fiesta Beans • Mixed Green Salad Oven Potatoes • Baby Carrots • Applesauce</i></p> |
| <p>11 Boneless Chicken Wings w/Pretzel Rod Steak and Cheese Sub Garden Salad</p> <p><i>Pasta • Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p> | <p>12 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Stick Tuna Salad</p> <p><i>Oven Potatoes • Mixed Green Salad Baby Carrots • Taco Fiesta Beans • Pears</i></p> | <p>13 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad</p> <p><i>Broccoli Normandy • Mixed Green Salad Oven Potatoes • Baby Carrots • Mixed Fruit</i></p> | <p>14 Two Hour Early Dismissal Chicken Drumstick w/Corn Muffin Beef Dippers w/Rice Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Roasted Acorn Squash Baby Carrots • Mixed Green Salad • Peach Cup</i></p> | <p>15 Two Hour Early Dismissal Pizza Corn Dog Salmon Salad</p> <p><i>Broccoli • Oven Potatoes Baby Carrots • Mixed Green Salad • Baked Fruit</i></p> |

School Meal Account Information:

All prepaid account balances remain on the student's account while the student is enrolled in Anne Arundel County Public Schools. Monies remain with the students as they graduate to a higher grade and/or transfer to a different school in Anne Arundel County. In addition, refunds for withdrawing and graduating students will be completed at the school restaurant (cash register) upon request. Balances that remain on account after withdrawal/graduation will be available for refunds up to one calendar year after withdrawal/graduation. After such time, all monies remaining on account will revert back to AACPS in support of School Breakfast and Lunch Programs.

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)

Free Summer Meals for kids and teens in your community.
 Find a site near you!
 Call **410-222-5900** for more information.

