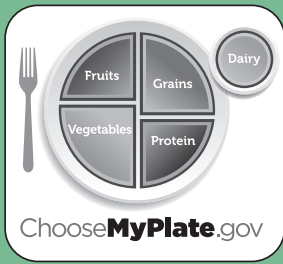


March 2018 Middle School Menu

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, 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 Turkey & Gravy w/Corn Muffin Beef Dippers w/Rice Cherry Blossom Chicken Salad Mashed Potatoes • Baby Carrots Roasted Acorn Squash • Peaches Mixed Green Salad</p>	<p>2  Schools Closed</p>
5	6	7	8	9
National School Breakfast Week				
<p>Chicken Tenders w/Pretzel Rod Pizza Sticks Garden Salad Broccoli • Baby Carrots Oven Potatoes • Applesauce Mixed Green Salad</p>	<p>Spicy Sichuan Chicken w/Rice Hot Dog Tuna Salad Roasted Purple Sweet Potatoes (L) Baby Carrots • Mandarin Oranges Mixed Green Salad • Oven Potatoes</p>	<p>Crispy Chicken Sandwich Pepperoni Stromboli Taco Salad Green Beans • Mixed Green Salad Oven Potatoes • Baby Carrots • Baked Fruit</p>	<p>Taco w/Corn Chips Fiesta Pizza Cherry Blossom Chicken Salad Oven Potatoes • Baby Carrots Vegetarian Beans Mixed Green Salad • Pineapple</p>	<p>Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad Roasted Carrots • Baby Carrots Oven Potatoes • Mixed Green Salad Mixed Fruit</p>
12	13	14	15	16
<p>Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Baked Fruit</p>	<p>Korean BBQ Meatballs w/Rice Hot Dog Tuna Salad Oven Potatoes • Baby Carrots Mixed Green Salad • Roasted Carrot Peach Cup</p>	<p>Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad Peas • Mixed Green Salad • Baby Carrots Oven Potatoes • Applesauce</p>	<p>Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</p>	<p>Pizza Fish Sandwich Salmon Salad Green Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Pineapple</p>
19	20	21	22	23
<p>Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad Oven Potatoes • Roasted Butternut Squash Mixed Green Salad • Baby Carrots Mixed Fruit</p>	<p>Taco w/Corn Chips Cheesy Chicken w/Corn Chips Tuna Salad Taco Fiesta Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Peaches</p>	<p>Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad Oven Potatoes • Broccoli Baby Carrots • Applesauce Mixed Green Salad</p>	<p>Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad Green Beans • Oven Potatoes Baby Carrots • Baked Fruit Mixed Green Salad</p>	<p>Pizza Baked Fish w/Mango Habanero Rice Salmon Salad Broccoli Normandy • Oven Potatoes Baby Carrots • Mixed Green Salad Mandarin Oranges</p>
26	27	28	29	30
<p>Chicken Tenders w/Pretzel Rod Buffalo Chicken Pizza Garden Salad Oven Potatoes • Corn • Baby Carrots Pineapple • Mixed Green Salad</p>	<p>Teriyaki Chicken w/Rice Hot Dog Tuna Salad Oven Potatoes • Baby Carrots • Broccoli Mixed Green Salad • Baked Fruit</p>	<p>Crispy Chicken Sandwich Meatball Sub Taco Salad Oven Potatoes • Baby Carrots Mixed Green Salad • Roasted Brussels Sprouts Mixed Fruit</p>	<p> Schools Closed</p>	<p> Schools Closed</p>

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.

