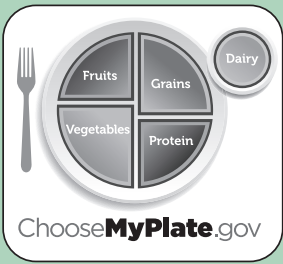


MAY 2018

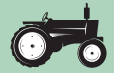
Lunch is only \$2.75 and includes the following healthy choices:



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 Teriyaki Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	2 Crispy Chicken Sandwich Meatball Sub Taco Salad Cheese & Yogurt Combo <i>Roasted Brussels Sprouts • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	3 Taco w/Corn Chips Hamburger Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Carrots • Baby Carrots Mixed Green Salad • Peach Cup</i>	4 <i>Tasting of the Rainbow</i> Pizza Fish Taco w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Applesauce</i>
7	8	9	10	11
School Nutrition Employee Appreciation Week				
14 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	15 Taco w/Corn Chips Macaroni & Cheese w/Garlic Breadstick Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i>	16 Grilled Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	17 Chicken Drumstick w/Corn Muffin Beef Dippers w/Rice Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Mixed Green Salad • Baby Carrots Roasted Acorn Squash • Applesauce</i>	18 Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad SunButter & Cheese Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>
21 Popcorn Chicken w/Pretzel Rod Pizza Sticks Garden Salad Cheese & Yogurt Combo <i>Roasted Purple Sweet Potatoes (L) Baby Carrots • Mixed Green Salad Applesauce</i>	22 Spicy Sichuan Chicken w/Rice Hot Dog Tuna Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	23 Crispy Chicken Sandwich Pepperoni Stromboli Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	24 Taco w/Corn Chips Fiesta Pizza Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	25 Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Mixed Fruit</i>
28 Popcorn Chicken w/Pretzel Rod Steak and Cheese Sub Garden Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	29 Korean BBQ Meatballs w/Rice Macaroni & Cheese w/Garlic Bread Stick Tuna Salad Cheese & Yogurt Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Peach Cup</i>	30 Crispy Chicken Sandwich Garlic French Bread Pizza Taco Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	31 Taco w/Corn Chips Chicken Quesadilla Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	28 Taco w/Corn Chips Cheesy Chicken w/Corn Chps Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>
28 Schools Closed	29 Taco w/Corn Chips Cheesy Chicken w/Corn Chps Tuna Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	30 Grilled Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	31 Chicken Drumstick w/Corn Muffin Corn Dog Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Roasted Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	

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, 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:



Broadstripe: Channels 96 & 496 (HD)
Comcast: Channels 96 & 996 (HD)
Verizon: Channels 36 & 961 (HD)

Learn more about the nutrient and allergen data. All of the healthy choices AACPS offers are found at <http://aacpschools.org/nutrition/nutrientdata/> or scan the QR Code.

