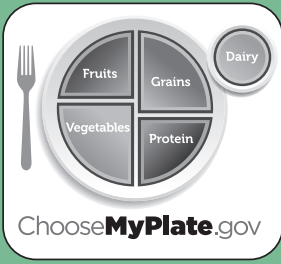


May 2018 High School Menu

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

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.

