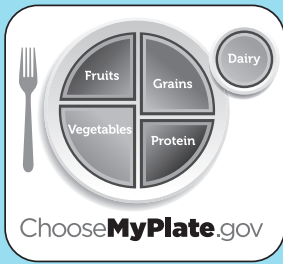


NOVEMBER 2018

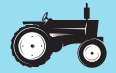
Lunch is only \$2.75 and includes the following healthy choices:



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
<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 Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad Cheese & Yogurt Combo</p> <p><i>Roasted Butternut Squash (L) • Baby Carrots Baked Fruit • Mixed Green Salad</i></p>	<p>2 <i>Tasting of the Rainbow</i> Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad Hummus & Sunflower Seeds Combo</p> <p><i>Corn • Peaches • Baby Carrots Mixed Green Salad</i></p>
<p>5 Popcorn Chicken w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad Cheese & Yogurt Combo</p> <p><i>Broccoli • Pears • Baby Carrots Mixed Green Salad</i></p>	<p>6 Schools Closed</p>	<p>7 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo</p> <p><i>Green Beans • Pineapple • Baby Carrots Mixed Green Salad</i></p>	<p>8 <i>Two Hour Early Dismissal</i> Taco w/Corn Chips Fiesta Pizza Chef Salad Cheese & Yogurt Combo</p> <p><i>Vegetarian Beans • Mixed Fruit Baby Carrots • Mixed Green Salad</i></p>	<p>9 <i>Two Hour Early Dismissal</i> Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad Hummus & Sunflower Seeds Combo</p> <p><i>Roasted Carrots • Baked Fruit Baby Carrots • Mixed Green Salad</i></p>
<p>12 Popcorn Chicken w/Pretzel Rod Steak and Cheese Sub Garden Salad Cheese & Yogurt Combo</p> <p><i>Roasted Pumpkin (L) • Baked Fruit Baby Carrots • Mixed Green Salad</i></p>	<p>13 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo</p> <p><i>Vegetarian Beans • Peaches Baby Carrots • Mixed Green Salad</i></p>	<p>14 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo</p> <p><i>Corn • Pears • Baby Carrots Mixed Green Salad • Pears</i></p>	<p>15 Taco w/Corn Chips Chicken Quesadilla Chef Salad Cheese & Yogurt Combo</p> <p><i>Broccoli • Applesauce • Baby Carrots Mixed Green Salad</i></p>	<p>16 Stuffed Crust Pizza Fish Sandwich Salmon Salad SunButter & Cheese Combo</p> <p><i>Green Beans • Pineapple Baby Carrots • Mixed Green Salad</i></p>
<p>19 Pancakes w/Sausage General Tso's Beef w/Rice Garden Salad Cheese & Yogurt Combo</p> <p><i>Roasted Butternut Squash (L) • Baby Carrots Mandarin Oranges • Mixed Green Salad</i></p>	<p>20 Taco w/Corn Chips Garlic French Bread Pizza Chicken Tender Salad Cheese & Yogurt Combo</p> <p><i>Taco Fiesta Beans • Baked Fruit Baby Carrots • Mixed Green Salad</i></p>	<p>21 Schools Closed</p>	<p>22 Schools Closed</p>	<p>23 Schools Closed</p>
<p>26 Popcorn Chicken w/Pretzel Rod Beef Dippers w/Rice Cheese & Yogurt Combo</p> <p><i>Corn • Pineapple Green Beans • Pears</i></p>	<p>27 General TSO's Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo</p> <p><i>Broccoli • Mixed Fruit Baby Carrots • Mixed Green Salad</i></p>	<p>28 Crispy Chicken Sandwich Parmesan Chicken Pasta Bake w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo</p> <p><i>Roasted Brussels Sprouts Baked Fruit • Baby Carrots • Mixed Green Salad</i></p>	<p>29 Taco w/Corn Chips Chicken Cheese Steak Chef Salad Cheese & Yogurt Combo</p> <p><i>Roasted Acorn Squash • Baby Carrots Peaches • Mixed Green Salad</i></p>	<p>30 Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad SunButter & Cheese Combo</p> <p><i>Taco Fiesta Beans • Pears Baby Carrots • Mixed Green Salad</i></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), Cinnamon Roll Goldfish, Flip, French Toast Goldfish, 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, Oatmeal Bar, Pumpkin Bread, String Cheese, Sweet Potato Roll, Ultimate Breakfast Round, Yogurt, 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)

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.

