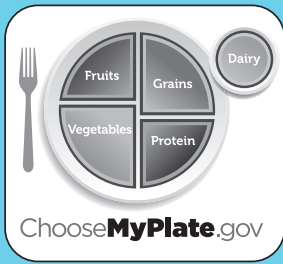


# November 2018 Middle School Menu

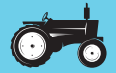
**Lunch is only \$3.00 and includes the following healthy choices:**



**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, 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><b>Interested in a few hours of work? Come join our team!</b>                      Apply on line at <a href="http://www.aacps.org">www.aacps.org</a>                      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><b>1</b>                      Cheesy Chicken w/Corn Chips                      Cheeseburger                      Chef Salad</p> <p><i>Oven Potatoes • Roasted Butternut Squash (L) Baby Carrots • Mixed Green Salad • Baked Fruit</i></p>	<p><b>2</b> <i>Tasting of the Rainbow</i>                      Pizza                      Baked Fish w/Cilantro Lime Rice                      Salmon Salad</p> <p><i>Oven Potatoes • Baby Carrots • Corn Mixed Green Salad • Peaches</i></p>
<p><b>5</b>                      Chicken Tenders w/Pretzel Rod                      Black Bean &amp; Cheese Burrito                      Garden Salad</p> <p><i>Broccoli • Baby Carrots                      Oven Potatoes • Mixed Green Salad • Pears</i></p>	<p><b>6</b>  </p>	<p><b>7</b>                      Crispy Chicken Sandwich                      Chicken Alfredo w/Garlic Bread Stick                      Taco Salad</p> <p><i>Green Beans • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pineapple</i></p>	<p><b>8</b> <i>Two Hour Early Dismissal</i>                      Taco w/Corn Chips                      Fiesta Pizza                      Chef Salad</p> <p><i>Oven Potatoes • Baby Carrots                      Mixed Green Salad • Vegetarian Beans                      Mixed Fruit</i></p>	<p><b>9</b> <i>Two Hour Early Dismissal</i>                      Stuffed Crust Pizza                      Nacho Fish Sticks w/Corn Chips                      Salmon Salad</p> <p><i>Roasted Carrots • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Baked Fruit</i></p>
<p><b>12</b>                      Chicken Tenders w/Pretzel Rod                      Steak and Cheese Sub                      Garden Salad</p> <p><i>Roasted Pumpkin (L) • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Baked Fruit</i></p>	<p><b>13</b>                      Teriyaki Chicken w/Rice                      Hot Dog                      Chicken Tender Salad</p> <p><i>Vegetarian Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Peaches</i></p>	<p><b>14</b>                      Crispy Chicken Sandwich                      Italian Sausage Pasta Bake w/Garlic Bread Stick                      Taco Salad</p> <p><i>Oven Potatoes • Corn • Pears                      Baby Carrots • Mixed Green Salad</i></p>	<p><b>15</b>                      Taco w/Corn Chips                      Chicken Quesadilla                      Chef Salad</p> <p><i>Broccoli • Baby Carrots • Applesauce                      Mixed Green Salad • Oven Potatoes</i></p>	<p><b>16</b>                      Stuffed Crust Pizza                      Fish Sandwich                      Salmon Salad</p> <p><i>Green Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes • Pineapple</i></p>
<p><b>19</b>                      Boneless Chicken Wings w/Pretzel Rod                      General Tso's Beef w/Rice                      Garden Salad</p> <p><i>Oven Potatoes • Baby Carrots                      Roasted Butternut Squash • Mixed Green Salad                      Mandarin Oranges</i></p>	<p><b>20</b>                      Taco w/Corn Chips                      Garlic French Bread Pizza                      Chicken Tender Salad</p> <p><i>Oven Potatoes • Baby Carrots • Taco Fiesta Beans                      Mixed Green Salad • Baked Fruit</i></p>	<p><b>21</b>  </p>	<p><b>22</b>  </p>	<p><b>23</b>  </p>
<p><b>26</b>                      Chicken Tenders w/Pretzel Rod                      Beef Dippers w/Rice</p> <p><i>Oven Potatoes • Green Beans • Corn                      Pears • Pineapple</i></p>	<p><b>27</b>                      General Tso's Chicken w/Rice                      Hot Dog                      Chicken Tender Salad</p> <p><i>Broccoli • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Mixed Fruit</i></p>	<p><b>28</b>                      Crispy Chicken Sandwich                      Parmesan Chicken Pasta Bake w/Garlic Bread Stick                      Taco Salad</p> <p><i>Oven Potatoes • Roasted Brussels Sprouts                      Baked Fruit • Baby Carrots • Mixed Green Salad</i></p>	<p><b>29</b>                      Taco w/Corn Chips                      Chicken Cheese Steak                      Chef Salad</p> <p><i>Oven Potatoes • Roasted Acorn Squash                      Baby Carrots • Mixed Green Salad • Peaches</i></p>	<p><b>30</b>                      Stuffed Crust Pizza                      Fish Taco w/Corn chips                      Salmon Salad</p> <p><i>Taco Fiesta Beans • Baby Carrots • Pears                      Mixed Green Salad • Oven Potatoes</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



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