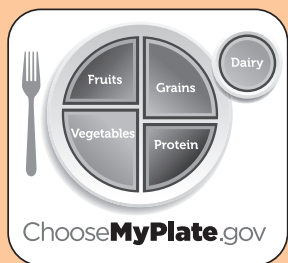


October 2018 Middle School Menu

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
1 Chicken Tenders w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad <i>Broccoli • Baby Carrots Mixed Green Salad • Oven Potatoes • Pears</i>	2 Orange Chicken w/Rice Hot Dog Chicken Tender Salad <i>Oven Potatoes • Corn • Applesauce Baby Carrots • Mixed Green Salad</i>	3 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad <i>Oven Potatoes • Green Beans • Pineapple Baby Carrots • Mixed Green Salad</i>	4 Taco w/Corn Chips Fiesta Pizza Chef Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad • Mixed Fruit</i>	5 <i>Tasting of the Rainbow</i> Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad <i>Oven Potatoes • Baby Carrots • Baked Fruit Roasted Carrots • Mixed Green Salad</i>
8 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Garden Salad <i>Roasted Pumpkin (L) • Baby Carrots Oven Potatoes • Mixed Green Salad Baked Fruit</i>	9 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	10 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad <i>Corn • Mixed Green Salad Baby Carrots • Oven Potatoes • Pears</i>	11 Taco w/Corn Chips Chicken Quesadilla Chef Salad <i>Oven Potatoes • Baby Carrots Mixed Green Salad • Broccoli • Applesauce</i>	12 Stuffed Crust Pizza Fish Sandwich Salmon Salad <i>Green Beans • Mixed Green Salad Baby Carrots • Oven Potatoes • Pineapple</i>
15	16	17 <i>Two Hour Early Dismissal</i> <i>National School Lunch Week</i>		19
Boneless Chicken Wings w/Pretzel Rod General Tso's Beef w/Rice Garden Salad <i>Roasted Butternut Squash • Baby Carrots Mixed Green Salad • Oven Potatoes Mandarin Oranges</i>	Taco w/Corn Chips Garlic French Bread Pizza Chicken Tender Salad <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Baked Fruit</i>	Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Bread Stick Taco Salad <i>Oven Potatoes • Green Beans • Peaches Baby Carrots • Mixed Green Salad</i>	Chicken Drumstick w/Corn Muffin BBQ Pork Sandwich Chef Salad <i>Corn • Baby Carrots Mixed Green Salad • Oven Potatoes • Pears</i>	Pizza Baked Fish w/Mango Habanero Rice Salmon Salad <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Oven Potatoes • Applesauce</i>
22 Chicken Tenders w/Pretzel Rod Beef Dippers w/Rice Garden Salad <i>Oven Potatoes • Baby Carrots Corn • Mixed Green Salad • Pineapple</i>	 Schools Closed		24 Crispy Chicken Sandwich Parmesan Chicken Pasta Bake w/Garlic Bread Stick Taco Salad <i>Roasted Pumpkin (L) • Mixed Green Salad Baby Carrots • Oven Potatoes • Baked Fruit</i>	25 Taco w/Corn Chips Chicken Cheese Steak Chef Salad <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Oven Potatoes • Peaches</i>
26 Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad <i>Taco Fiesta Beans • Mixed Green Salad Baby Carrots • Oven Potatoes • Pears</i>	29 Boneless Chicken Wings w/Pretzel Rod Chicken Fajitas Garden Salad <i>Oven Potatoes • Green Beans • Applesauce Baby Carrots • Mixed Green Salad</i>	30 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Oven Potatoes Pineapple</i>	31 Crispy Chicken Sandwich Korean BBQ Meatballs w/Rice Taco Salad <i>Oven Potatoes • Broccoli Normandy Mixed Fruit • Baby Carrots • Mixed Green Salad</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), 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



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)

Have you completed the SY 2018-2019 Meal Benefit Application? October 16, 2018 is the last day to receive benefits based on the SY 2017-2018 application. Go to: <https://frapps.horizonsolana.com/ANNA02> or scan the QR code.

