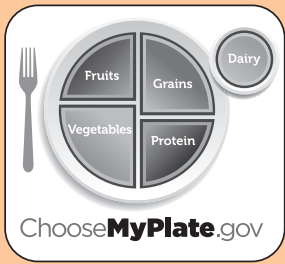


SEPTEMBER 2018

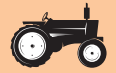
Lunch is only \$2.75 and includes the following healthy choices:



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, 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
3 	4 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Peaches</i>	5 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pears</i>	6 Taco w/Corn Chips Chicken Quesadilla Chef Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	7 <i>Tasting of the Rainbow</i> Stuffed Crust Pizza Fish Sandwich Salmon Salad SunButter & Cheese Combo <i>Corn on the Cob (L) • Baby Carrots Mixed Green Salad • Pineapple</i>
10 Pancakes w/Sausage General Tso's Beef w/Rice Garden Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash (L) • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	11 Taco w/Corn Chips Garlic French Bread Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	12 Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Peaches</i>	13 Chicken Drumstick w/Corn Muffin BBQ Pork Sandwich Chef Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Pears</i>	14 Pizza Baked Fish w/Mango Habanero Rice Salmon Salad Hummus & Sunflower Seeds Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Applesauce</i>
17 Popcorn Chicken w/Pretzel Rod Beef Dippers w/Rice Garden Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	18 General Tso's Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	19 	20 Taco w/Corn Chips Chicken Cheese Steak Chef Salad Cheese & Yogurt Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Peaches</i>	21 Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i>
Maryland Homegrown School Lunch Week				
24 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Applesauce</i>	25 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	26 Crispy Chicken Sandwich Korean BBQ Meatballs Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	27 Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash (L) • Baby Carrots Mixed Green Salad • Baked Fruit</i>	28 Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad Hummus & Sunflower Seeds Combo <i>Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>

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Breakfast \$1.50

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AACPS offers MyPaymentsPlus to manage your child's meal account on-line. Visit www.MyPaymentsPlus.com to register today.

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

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