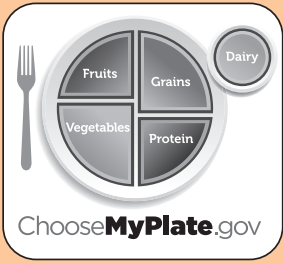


# September 2018 High School Menu

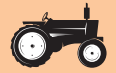
**Lunch is only \$3.00 and includes the following healthy choices:**



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

**Maryland Homegrown School Lunch Week**

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Click – APPLY NOW then select – Support Staff School-Based

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**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](http://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)  
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