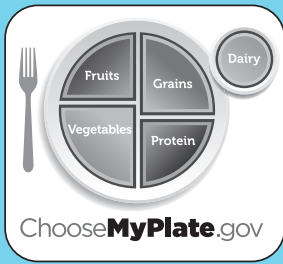


JANUARY 2019

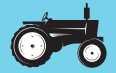
Lunch is only \$2.75 and includes the following healthy choices:



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
	1 Schools Closed	2 Pizza Corn Dog Cheese & Yogurt Combo <i>Corn • Broccoli Pineapple • Baked Fruit</i>	3 Taco w/Corn Chips Garlic French Bread Pizza Chef Salad Cheese & Yogurt Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Peaches</i>	4 <i>Tasting of the Rainbow</i> Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i>
7 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Potatoes • Baby Carrots Mixed Green Salad • Applesauce</i>	8 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	9 Crispy Chicken Sandwich Korean BBQ Meatballs w/Rice Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	10 Cheesy Chicken w/Corn Chips Cheeseburger Chef Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash • Baby Carrots Mixed Green Salad • Baked Fruit</i>	11 Pizza Baked Fish w/Cilantro Lime Rice Salmon Salad Hummus & Sunflower Seeds Combo <i>Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>
14 Popcorn Chicken w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Pears</i>	15 Orange Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Applesauce</i>	16 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	17 Taco w/Corn Chips Fiesta Pizza Chef Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	18 Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Baked Fruit</i>
21 Schools Closed	22 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Peaches</i>	23 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pears</i>	24 Taco w/Corn Chips Chicken Quesadilla Chef Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	25 Stuffed Crust Pizza Fish Sandwich Salmon Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
28 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>	29 <i>Two Hour Early Dismissal</i> 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>	30 <i>Two Hour Early Dismissal</i> Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Peaches</i>	31 Schools Closed	

Breakfast \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Blueberry Lemon Crispy Bites, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Flip, Goldfish (French Toast, Honey Bun), 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, 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.

