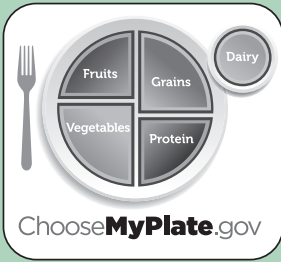


# APRIL Middle School Menu

**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, Peas, Summer Squash, Zucchini

*\*Up to two cups per day. Enjoy!*

**Everyday also includes TWO Manager's Choice Entrées**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Job Opportunities • Come Join Our Team</b> Call 410-222-5900 or go to <a href="http://www.aacps.org">www.aacps.org</a> <i>An equal opportunity employer</i>				<b>1 Tasting of the Rainbow</b> Pizza Nacho Fish Sticks w/Corn Chips Spicy Chicken Salad  <i>Broccoli Normandy • Baby Carrots                      Mixed Green Salad • Mandarin Oranges                      Oven Potatoes</i>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Chef Salad</b>  <i>Oven Potatoes • Corn • Baby Carrots                      Mixed Green Salad • Pineapple</i>	<b>Teriyaki Chicken w/Rice &amp; Roll Hot Dog Garden Salad</b>  <i>Oven Potatoes • Broccoli • Baby Carrots                      Mixed Green Salad • Baked Fruit</i>	<b>Crispy Chicken Sandwich Cheese Calzones Tuna Salad</b>  <i>Roasted Brussel Sprouts • Baby Carrots                      Oven Potatoes • Mixed Green Salad                      Mixed Fruit</i>	<b>Taco w/Corn Chips Cheeseburger Grilled Chicken Salad</b>  <i>Oven Potatoes • Carrots • Baby Carrots                      Mixed Green Salad • Peaches</i>	<b>Pizza Beef Dippers w/Rice &amp; Roll Spicy Chicken Salad</b>  <i>Vegetarian Beans • Baby Carrots                      Mixed Green Salad • Applesauce                      Oven Potatoes</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Two Hour Early Dismissal</b> <b>Boneless Chicken Wings w/Pretzel Rod Pancakes w/Sausage Chef Salad</b>  <i>Oven Roasted Potatoes • Baby Carrots                      Mixed Green Salad • Mandarin Oranges</i>	<b>Taco w/Corn Chips Pulled BBQ Pork Sandwich Garden Salad</b>  <i>Broccoli Normandy • Baby Carrots                      Oven Potatoes • Mixed Green Salad                      Pineapple</i>	<b>Grilled Chicken Sandwich Pepperoni Stromboli Tuna Salad</b>  <i>Vegetarian Beans • Baby Carrots                      Oven Potatoes • Mixed Green Salad                      Mixed Fruit</i>	<b>Turkey &amp; Gravy w/Stuffing &amp; Roll Macho Chili Cheese Burrito Grilled Chicken Salad</b>  <i>Roasted Butternut Squash • Baby Carrots                      Mashed Potatoes • Mixed Green Salad • Peas</i>	<b>Pizza Popcorn Chicken w/Pretzel Rod Spicy Chicken Salad</b>  <i>Oven Potatoes • Kale • Baby Carrots                      Mixed Green Salad • Peaches</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Chicken Tenders w/Heartzels Bacon Cheddar Burger Chef Salad</b>  <i>Oven Potatoes • Broccoli • Baby Carrots                      Mixed Green Salad • Applesauce</i>	<b>Orange Chicken w/Rice &amp; Roll Hot Dog Garden Salad</b>  <i>Oven Potatoes • Corn • Baby Carrots                      Mixed Green Salad • Mandarin Oranges</i>	<b>Crispy Chicken Sandwich Macaroni &amp; Cheese w/Garlic Bread Stick Tuna Salad</b>  <i>Oven Potatoes • Green Beans • Baby Carrots                      Mixed Green Salad • Baked Fruit</i>	<b>Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad</b>  <i>Vegetarian Beans • Baby Carrots                      Mixed Green Salad • Pineapple                      Oven Potatoes</i>	<b>Pizza Chili Bread Bowl Spicy Chicken Salad</b>  <i>Roasted Acorn Squash • Baby Carrots                      Mixed Green Salad • Mixed Fruit                      Oven Potatoes</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Chicken Tenders w/Pretzel Rod Steak and Cheese sub Chef Salad</b>  <i>Roasted Root Vegetables • Baby Carrots                      Mixed Green Salad • Baked Fruit                      Oven Potatoes</i>	 <b>Schools Closed</b>	<b>Two Hour Early Dismissal</b> <b>Crispy Chicken Sandwich Pulled BBQ Pork Sandwich Tuna Salad</b>  <i>Oven Potatoes • Corn • Baby Carrots                      Mixed Green Salad • Applesauce</i>	<b>Taco w/Corn Chips Chicken Quesadilla Grilled Chicken Salad</b>  <i>Oven Potatoes • Broccoli • Baby Carrots                      Mixed Green Salad • Mandarin Oranges</i>	<b>Pizza Pork Taco w/Corn Chips Spicy Chicken Salad</b>  <i>Vegetarian Beans • Baby Carrots                      Mixed Green Salad • Pineapple                      Oven Potatoes</i>

## Breakfast – \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Cereal (Berry Blossom, Frosted Mini Wheat's-Chocolate & Regular, Heart to Heart, Honey Sunshine, Raisin Bran, Rice Krispies), Cereal Pouch (Low Fat Granola), Flip, French Toast, Frudel, Graham Crackers, Mini Benefit Breakfast Bar, Mini Cinnis, Mini Loaf, Mini Oatmeal Bar, Mini Sweet Potato Roll, Muffin, Multi-Grain Breakfast Break, Nutri-Grain Bar, Oatmeal Bar, Sweet Potato Roll, Ultimate Breakfast Round, Waffle, 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](http://www.MyPaymentsPlus.com) to register today.



Tune into *Food for Thought* on AACPS-TV, Channel 96 (Comcast and Broadstripe) and Channel 36 (Verizon)

It's easy and convenient to apply for meal benefits for your child(ren).

Go to <https://applyformeals.aacps.org/> or scan the QR Code.



Anne Arundel County Public Schools  
Division of Food & Nutrition Services

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For questions or comments, contact us at 410-222-5900

Menus subject to change. For more specific menu information, or to sign up for our Pre-Pay Option, contact your school's Cafeteria Manager.