

August

Lunch is only \$2.60

Lunch includes the following healthy choices:

Veggies (steamed & fresh)*

Fresh Veggies include: Carrots/Celery Sticks,
Broccoli/Cauliflower Florets, Cucumbers • Fruits (fresh & canned)*

Whole Grain Breads & Rice,

Milk (low fat or fat free)

*Unlimited quantities, Enjoy!



Available Daily – Grab-N-Go!

Chef or Garden Salad w/Roll and Chilled Fruit **OR**
Fresh Fruit, Yogurt, Cheese Stick,
Graham Crackers, and 4oz. Apple juice.

Type of salad depends on availability.
Contact Cafeteria Manager for details.

Monday	Tuesday	Wednesday	Thursday	Friday
	23 Hawaiian Pizza Teriyaki Chicken <i>Seasoned Rice • Broccoli</i> <i>Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Mandarin Oranges</i>	24 Grilled Chicken on Roll Cheeseburger <i>Carrots • Vegetarian Beans</i> <i>Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Baked Apples</i>	25 Taco w/Soft or Hard Shell Pork Dippers <i>Seasoned Rice • California Blend</i> <i>Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Peaches</i>	26 Pizza Orange Chicken <i>Seasoned Rice • Mixed Vegetables</i> <i>Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Mixed Fruit</i>
29 Chicken Nuggets Macaroni & Cheese <i>Kale • Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Fruit Cocktail</i>	30 Hot Dog/Chili Dog Cheese Steak Sub <i>Oven Potatoes • Vegetarian Beans</i> <i>Crisp Veggies • Tossed Salad</i> <i>Fresh Fruit • Applesauce</i>	31 Crispy Chicken on Roll Spaghetti w/Meat Sauce <i>Green Beans • Crisp Veggies</i> <i>Tossed Salad • Fresh Fruit • Pears</i>	The Perfect Job Work only a few hours each day—No weekends, evenings, or holidays. Call 410-222-5900 <i>An equal opportunity employer</i>	

Breakfast – \$1.35

Bagel, English Muffin, Biscuit, Wheat Bread w/ Jelly, Cheerios, Kix, Wheaties, Honey Kix, Golden Grahams, Muffin, Honey Bun, Pancakes, Ultimate Breakfast Round, Waffle, Graham Crackers, Mini Loaf, Sun Morning Mix Ups, Cheese Stick, Orange Juice, Apple Juice, Fruit, Low Fat & Fat Free Milk

Welcome Back!

Remember to complete a new 2011 – 2012

Meal Benefit Application to receive free or reduced-price meals! A new 2011 – 2012 application will be sent home with each student or can be obtained from the school office. **Have a great school year!**



AACPS now offers MealpayPlus to manage your child's meal account online. Visit www.mealpayplus.com to register for free.



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

Snappy Says

Welcome Back! Power up your day with a nutritious school breakfast and lunch. Your school cafeteria offers a variety of healthy food options including fresh fruits & vegetables.

