

August

Lunch is only \$2.50

Lunch always includes the following healthy choices:

Veggies (*steamed & fresh*),
Fruits (*fresh & canned*)
Whole Grain Breads & Rice,
Milk (*low fat or fat free*)



Also Available Daily – Grab-N-Go!

Chef or Garden Salad w/Roll and Chilled Fruit **OR**
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 Chicken Nuggets Fiesta Pizza <i>Carrots • Cold Veggies</i> <i>Tossed Salad • Fresh Fruit</i> <i>Fruit Cocktai</i>	24 Hot Dog/Chili Dog Burger Bar <i>Oven Potatoes • Vegetarian Beans</i> <i>Cold Veggies • Tossed Salad</i> <i>Fresh Fruit • Applesauce</i>	25 Crispy Chicken on Roll Spaghetti w/Meat Sauce <i>Green Beans • Cold Veggies</i> <i>Tossed Salad • Fresh Fruit</i> <i>Pears</i>	26 Taco w/Soft or Hard Shell Oven Breaded Chicken <i>Fiesta Rice • Broccoli</i> <i>Cold Veggies • Tossed Salad</i> <i>Fresh Fruit • Peaches</i>	27 Pizza Fish Nuggets <i>Mixed Vegetables • Cold Veggies</i> <i>Tossed Salad • Fresh Fruit</i> <i>Mxed Fruit</i>
30 Chicken Nuggets Ham Melt Sub <i>Mashed Potatoes • Kale</i> <i>Cold Veggies • Tossed Salad</i> <i>Fresh Fruit • Baked Apples/Pears</i>	31 Hot Dog/Chili Dog New Orleans Chicken <i>Seasoned Rice • Corn</i> <i>Cold Veggies • Tossed Salad</i> <i>Fresh Fruit • Peach/Apricot Cup</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 – \$1.25

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, Orange Juice, Apple Juice, Fruit, Low Fat & Fat Free Milk

Welcome Back!

Remember to complete a new 2010 – 2011

Meal Benefit Application to receive free or reduced-price meals! A new 2010 – 2011 application will be sent home with each student.

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

Power up your day and stay energized with a nutritious school breakfast and lunch. Visit your school cafeteria daily for a variety of healthy food options including fresh fruits and vegetables.

Enjoy!



September

Lunch is only \$2.50

Lunch always includes the following healthy choices:

Veggies (steamed & fresh),
Fruits (fresh & canned)
Whole Grain Breads & Rice,
Milk (low fat or fat free)



Also Available Daily – Grab-N-Go!

Chef or Garden Salad w/Roll and Chilled Fruit **OR**
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
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>		1 Crispy Chicken on Roll Ravioli <i>Peas • Cold Veggies Tossed Salad • Fresh Fruit Pineapple</i>	2 <i>Tasting of the Rainbow</i> Roast Turkey w/Gravy & Roll Pork Dippers <i>Mashed Potatoes • Stuffing California Blend • Cold Veggies Tossed Salad • Fresh Fruit Mandarin Oranges</i>	3 Pizza Orange Chicken <i>Seasoned Rice • Mixed Vegetables Cold Veggies • Tossed Salad Fresh Fruit • Mixed Fruit</i>
6 Labor Day All Schools and Central Offices Closed	7 Hot Dog/Chili Dog Nachos Grande <i>Oven Potatoes • Vegetarian Beans Cold Veggies • Tossed Salad Fresh Fruit • Applesauce</i>	8 Crispy Chicken on Roll Pizza Sub <i>Green Beans • Cold Veggies Tossed Salad • Fresh Fruit Pears</i>	9 Rosh Hashanah All Schools and Central Offices Closed	10 Pizza Cheese Fish Sandwich <i>Mixed Vegetables • Cold Veggies Tossed Salad • Fresh Fruit Mixed Fruit</i>
13 Chicken Nuggets Macaroni & Cheese <i>Mashed Potatoes • Kale Cold Veggies • Tossed Salad Fresh Fruit • Baked Apples/Pears</i>	14 Primary Election Day All Schools and Central Offices Closed	15 Crispy Chicken on Roll Meatball Sub <i>Pasta • Green Beans Cold Veggies • Tossed Salad Fresh Fruit • Pears</i>	16 Taco w/Soft or Hard Shell Pork Dippers <i>Fiesta Rice • Broccoli Cold Veggies • Tossed Salad Fresh Fruit • Peaches</i>	17 Pizza Turkey Bacon Melt <i>Mixed Vegetables • Cold Veggies Tossed Salad • Fresh Fruit Mixed Fruit</i>
Maryland Home Grown School Lunch Week – September 13 – 17, 2010				
20 Chicken Nuggets BBQ Pork Sub <i>Carrots • Cold Veggies Tossed Salad • Fresh Fruit Fruit Cocktail</i>	21 Hot Dog/Chili Dog Cheese Steak Sub <i>Oven Potatoes • Vegetarian Beans Cold Veggies • Tossed Salad Fresh Fruit • Applesauce</i>	22 Crispy Chicken on Roll Nachos Grande <i>Peas • Cold Veggies Tossed Salad • Fresh Fruit Pineapple</i>	23 <i>Breakfast at Lunch</i> Pancake Wrap w/Sausage Manager's Choice <i>Potato Rounds • Fresh Fruit Baked Apples/Pears</i>	24 Pizza Fish Nuggets <i>Mixed Vegetables • Cold Veggies Tossed Salad • Fresh Fruit Mixed Fruit</i>
27 Chicken Nuggets Fiesta Pizza <i>Carrots • Cold Veggies Tossed Salad • Fresh Fruit Fruit Cocktail</i>	28 Hot Dog/Chili Dog Burger Bar <i>Oven Potatoes • Vegetarian Beans Cold Veggies • Tossed Salad Fresh Fruit • Applesauce</i>	29 Crispy Chicken on Roll Spaghetti & Meat Balls <i>Green Beans • Cold Veggies Tossed Salad • Fresh Fruit Pears</i>	30 Taco w/Soft or Hard Shell Pizza Bagel <i>Seasoned Rice • Broccoli Cold Veggies • Tossed Salad Fresh Fruit • Peaches</i>	

Breakfast – \$1.25

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, Orange Juice, Apple Juice, Fruit, Low Fat & Fat Free Milk



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Snappy Says

Vitamin C is one of the many important nutrients found in your school meals. You need Vitamin C for the growth and repair of tissues in all parts of your body. It is essential for healing cuts, and for repairing and maintaining bones and teeth.

