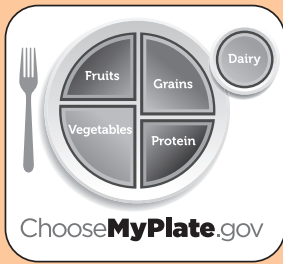


AUGUST Middle School Menu



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 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 24 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Chef Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Baked Fruit</i> | 25 Cherry Blossom Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Roasted Carrots Baby Carrots • Mixed Green Salad Peaches</i> | 26 Crispy Chicken Sandwich Cheese Calzones Tuna Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Applesauce</i> | 27 Taco w/Corn Chips Chicken Quesadilla Grilled Chicken Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i> | 28 Pizza Pork Taco w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Green Beans Baby Carrots • Mixed Green Salad Pineapple</i> |
| 31 Chicken Wings w/Pretzel Rod Waffle w/Sausage Chef Salad <i>Oven Potatoes • Roasted Pumpkin Baby Carrots • Mixed Green Salad Mixed Fruit</i> | <p>Interested in a few hours of work? Come join our team!</p> <p>Apply on line at www.aacps.org</p> <p>Human Resources Employment – Current Job Opportunities</p> <p>External Job Opportunities – Food Service</p> <p><i>An equal opportunity employer</i></p> | | | |

What's on the Menu in Anne Arundel County Public Schools? Healthy Choices!



Parents – did you know? Today's school lunch includes:

- Unlimited Choices of Fresh Fruits and Veggies
- More Whole Grains
- Less Sodium and Fat
- Nonfat or Low-Fat Milk

Enjoy the convenience of a healthy school lunch for just \$3.00 in middle school. Contact us at 410.222.5900 to learn more about what's being served!

Learn more about the nutrition standards we meet at www.aacps.org/nutrition/nutrientdata2.asp

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, 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 to register today.



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

NEW!

Learn more about the nutrition standards we meet at www.aacps.org/nutrition/nutrientdata2.asp or scan the QR Code.

