

# December

## 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
<p><b>The Perfect Job</b> Work only a few hours each day—No weekends, evenings, or holidays. Call 410-222-5900 An equal opportunity employer</p>			<p><b>1 Breakfast at Lunch</b> <b>Pancakes w/Sausage Links</b> <b>Sausage Egg &amp; Cheese Biscuit</b> <i>Potato Rounds • Crisp Veggies Fresh Fruit • Applesauce •</i></p>	<p><b>2 Tasting of the Rainbow</b> <b>Pizza</b> <b>Orange Chicken</b> <i>Seasoned Rice • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</i></p>
<p><b>5 Chicken Nuggets</b> <b>Macaroni &amp; Cheese</b> <i>Broccoli • Tossed Salad Crisp Veggies • Fresh Fruit Pineapple</i></p>	<p><b>6 Hot Dog/Chili Dog</b> <b>Cheeseburger</b> <i>Oven Potatoes • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</i></p>	<p><b>7 Crispy Chicken on Roll</b> <b>Oven Toasted Cheese Sandwich</b> <i>Carrots • Tossed Salad Crisp Veggies • Fresh Fruit • Pears</i></p>	<p><b>8 Taco w/Soft or Hard Shell</b> <b>Burrito</b> <i>Seasoned Rice • Green Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mandarin Oranges</i></p>	<p><b>9 Pizza</b> <b>Turkey Bacon Melt</b> <i>Corn • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Apples</i></p>
<p><b>12 Chicken Nuggets</b> <b>Ham &amp; Cheese Biscuit</b> <i>Vegetarian Beans • Tossed Salad Crisp Veggies • Fresh Fruit Applesauce</i></p>	<p><b>13 Hot Dog/Chili Dog</b> <b>Mini Burgers</b> <i>Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit Mixed Fruit</i></p>	<p><b>14 Crispy Chicken on Roll</b> <b>Pizza Sub</b> <i>Broccoli • Tossed Salad Crisp Veggies • Fresh Fruit Pineapple</i></p>	<p><b>15 Oven Breaded Chicken</b> <b>Pork Dippers</b> <i>Seasoned Rice • Tossed Salad Roasted Butternut Squash Crisp Veggies • Fresh Fruit Baked Peaches</i></p>	<p><b>16 Pizza</b> <b>Fish Nuggets</b> <i>Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Pears</i></p>
<p><b>19 Chicken Nuggets</b> <b>Ham Melt Sub</b> <i>Peas • Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</i></p>	<p><b>20 Popcorn Chicken</b> <b>Hot Dog/Chili Dog</b> <i>Vegetarian Beans • Tossed Salad Crisp Veggies • Fresh Fruit Mandarin Oranges</i></p>	<p><b>21 Crispy Chicken on Roll</b> <b>Lasagna</b> <i>Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit Pineapple</i></p>	<p><b>22 Pizza</b> <b>Corn Dog</b> <i>California Blend • Corn Pears • Mixed Fruit</i></p>	<p><b>23 Schools Closed</b></p>
<p><b>26 Schools Closed</b></p>	<p><b>27 Schools Closed</b></p>	<p><b>28 Schools Closed</b></p>	<p><b>29 Schools Closed</b></p>	<p><b>30 Schools Closed</b></p>

## 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



AACPS now offers MealpayPlus to manage your child's meal account online. Visit [www.mealpayplus.com](http://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

Why Fruit? Fruit supplies quick energy. Makes a sweet-tasting snack that is lower in calories than chips or cookies.

