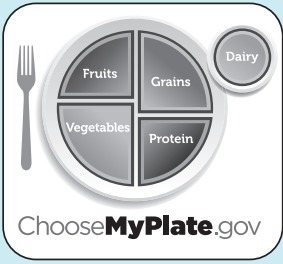


DECEMBER









Lunch is only \$2.75 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!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Thai Chili Chicken w/Rice & Corn Chips Hot Dog Garden Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	2 Grilled Chicken Sandwich Lasagna w/Garlic Bread Stick Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	3 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	4 <i>Tasting of the Rainbow</i> Pizza Chili w/Jalapeno Cornbread Buffalo Chicken Salad SunButter & Cheese Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Mixed Fruit</i>
7 Chicken Nuggets w/Pretzel Rod Hot Roast Beef Bowl Chef Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	8 Cherry Blossom Chicken w/Rice & Roll Hot Dog Garden Salad Cheese & Yogurt Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	9 Grilled Chicken Sandwich Cheese Calzones Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	10 Taco w/Corn Chips Popcorn Chicken w/Pretzel Rod Grilled Chicken Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	11 Pizza Pork Dippers w/Rice & Roll Buffalo Chicken Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
14 Pancakes w/Sausage Waffle w/Sausage Chef Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	15 Taco w/Corn Chips Turkey & Cheese on Goldfish w/Sunchips Garden Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Peaches</i>	16 Grilled Chicken Sandwich Pizza Sticks Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	17 Turkey & Gravy w/Stuffing & Roll Burrito Grilled Chicken Salad Cheese & Yogurt Combo <i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	18 Pizza Fish Sandwich Buffalo Chicken Salad SunButter & Cheese Combo <i>Carrots • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>
21 Chicken Nuggets w/Pretzel Rod Cheeseburger Chef Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	22 Chicken Drumstick w/Stuffing & Roll Hot Dog Garden Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	23 Grilled Chicken Sandwich Ravioli w/Garlic Bread Stick Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Roasted Root Vegetables • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	24 	25 
28 	29 	30 	31 	

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 to register today.



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

NEW! Scan the QR Code for nutrient and allergen data. All of the healthy choices AACPS offers are found at: www.aacps.org/nutrition/nutrientdata2.asp or scan the QR Code.



Anne Arundel County Public Schools
Division of Food & Nutrition Services

Follow us on Twitter @aacpscuisine

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.