

February

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

OR
Corn & Black Bean Salad, Cheese Stick,
Baked Tostitos Scoops and Fresh Fruit.

*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 Burrito <i>Broccoli • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Pineapple</i>	2 Taco w/Soft or Hard Shell Pork Dippers <i>Seasoned Rice • Corn Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</i>	3 <i>“Tasting of the Rainbow”</i> Pizza Fish Nuggets <i>Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Applesauce</i>
6 Chicken Nuggets Ham Melt Sub <i>Peas • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mandarin Oranges</i>	7 Hot Dog/Chili Dog Orange Chicken <i>Seasoned Rice • Broccoli Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</i>	8 Crispy Chicken on Roll Lasagna <i>Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit • Peas</i>	9 Taco w/Soft or Hard Shell Fiesta Pizza <i>Seasoned Rice • California Blend Tossed Salad • Crisp Veggies Fresh Fruit • Baked Apples</i>	10 Pizza Turkey Bacon Melt <i>Carrots • Tossed Salad Crisp Veggies • Fresh Fruit Pineapple</i>
13 Chicken Nuggets BBQ Pork Sub <i>Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit Peaches</i>	14 Hot Dog/Chili Dog Popcorn Chicken <i>Oven Potatoes Roasted Butternut Squash Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</i>	15 Grilled Chicken on Roll Ham & Cheese Biscuit <i>Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Peaches</i>	16 Taco w/Soft or Hard Shell Corn Dog <i>Seasoned Rice • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mandarin Oranges</i>	17 Pizza Teriyaki Chicken <i>Seasoned Rice • Broccoli Tossed Salad • Crisp Veggies Fresh Fruit • Peas</i>
20 	21 Stuffed Crust Pizza-Cheese or Veggie Hot Dog/Chili Dog <i>Peas • Tossed Salad • Crisp Veggies Fresh Fruit • Pineapple</i>	22 Crispy Chicken on Roll Oven Toasted Cheese Sandwich <i>California Blend • Tossed Salad Crisp Veggies • Fresh Fruit Mixed Fruit</i>	23 <i>“Breakfast at Lunch”</i> Pancakes w/Sausage Links Sausage, Egg & Cheese Biscuit <i>Potato Rounds • Crisp Veggies Fresh Fruit • Applesauce</i>	24 Pizza Cheese Fish Sandwich <i>Vegetarian Beans • Tossed Salad Crisp Veggies • Fresh Fruit Baked Peas</i>
27 Chicken Nuggets Macaroni & Cheese <i>Broccoli • Vegetarian Beans Crisp Veggies • Tossed Salad Fresh Fruit • Pineapple</i>	28 Hot Dog/Chili Dog Mini Burgers <i>Oven Potatoes • Green Beans Tossed Salad • Crisp Veggies Fresh Fruit • Peas</i>	29 Crispy Chicken on Roll Meatball Sub <i>Carrots • Tossed Salad Crisp Veggies • Fresh Fruit Mandarin Oranges</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



AACPS offers MyPaymentsPlus to manage your child's meal account on-line. Visit www.MyPaymentsPlus.com to register for a fee.



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

Snappy Says

Every day your child is offered unlimited fruits and vegetables with a school lunch. Try to do the same at home: Make half your plate fruits and vegetables.

