

FEBRUARY



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 Pancakes w/Sausage Waffle w/Sausage Chef Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	2 Taco w/Corn Chips Pulled BBQ Pork Sandwich Garden Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Pineapple</i>	3 Crispy Chicken Sandwich Pepperoni Stromboli Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	4 Chicken Drumstick w/Stuffing & Roll Corn Dog Grilled Chicken Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash • Baby Carrots Mixed Green Salad • Peaches</i>	5 <i>Tasting of the Rainbow</i> Pizza Nacho Fish Sticks w/Corn Chips Buffalo Chicken Salad SunButter & Cheese Combo <i>Kale • Baby Carrots Mixed Green Salad • Baked Fruit</i>
8 Chicken Nuggets w/Heartzels Bacon Cheddar Burger Chef Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	9 Thai Chili Chicken w/Rice & Corn Chips Hot Dog Garden Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	10 <i>Two Hour Early Dismissal</i> Grilled Chicken Sandwich Fish Sandwich Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	11 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	12 Pizza Chili w/Jalapeno Cornbread Buffalo Chicken Salad SunButter & Cheese Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Mixed Fruit</i>
15 	16 General Tso's Chicken w/Rice & Roll Hot Dog Garden Salad Cheese & Yogurt Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	17 Grilled Chicken Sandwich Cheese Calzones Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	18 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>	19 Pizza Nacho Fish Sticks w/Corn Chips Buffalo Chicken Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
22 	23 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>	24 Crispy Chicken Sandwich Beef Dippers w/Rice & Roll Cherry Blossom Chicken Salad Cheese & Yogurt Combo <i>Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	25 Chicken Drumstick w/Stuffing & Roll Pork Taco w/Corn Chips Grilled Chicken Salad Cheese & Yogurt Combo <i>Carrots • Baby Carrots Mixed Green Salad • Baked Fruit</i>	26 Pizza Black Bean & Cheese Burrito Buffalo Chicken Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>
29 Chicken Nuggets w/Pretzel Rod Cheeseburger Chef Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org <i>An equal opportunity employer</i>			

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.