

FEBRUARY Middle School Menu

Lunch is only \$3.00 and includes the following healthy choices:

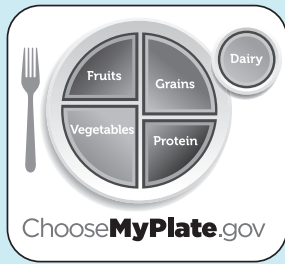
Lean Protein • Veggies* (steamed & fresh) • **Fruits*** (fresh & canned) • **Whole Grain Breads & Rice** • **Milk** (low fat or fat free)

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
1 Boneless Chicken Wings w/Pretzel Rod Pancakes w/Sausage Chef Salad <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	2 Taco w/Corn Chips Pulled BBQ Pork Sandwich Garden Salad <i>Oven Potatoes • Broccoli Normandy Baby Carrots Mixed Green Salad • Pineapple</i>	3 Crispy Chicken Sandwich Pepperoni Stromboli Cherry Blossom Chicken Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots Mixed Green Salad • Mixed Fruit</i>	4 Turkey Pot Pie Bowl Corn Dog Grilled Chicken Salad <i>Roasted Butternut Squash • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	5 <i>Tasting of the Rainbow</i> Pizza Nacho Fish Sticks w/Corn Chips Buffalo Chicken Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Baked Fruit</i>
8 Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger Chef Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	9 Thai Chili Chicken w/Rice & Corn Chips Hot Dog Garden Salad <i>Oven Potatoes • 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 <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	11 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Pineapple</i>	12 Pizza Chili w/Jalapeno Cornbread Buffalo Chicken Salad <i>Roasted Acorn Squash • Baby Carrots Oven Potatoes Mixed Green Salad • Mixed Fruit</i>
15 Schools Closed	16 General Tso's Chicken w/Rice & Roll Hot Dog Garden Salad <i>Roasted Carrots • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	17 Grilled Chicken Sandwich Cheese Calzones Cherry Blossom Chicken Salad <i>Oven Potatoes • Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	18 Taco w/Corn Chips Popcorn Chicken w/Pretzel Rod Grilled Chicken Salad <i>Oven Potatoes • Broccoli Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	19 Pizza Nacho Fish Sticks w/Corn Chips Buffalo Chicken Salad <i>Oven Potatoes • Green Beans Baby Carrots Mixed Green Salad • Pineapple</i>
22 Schools Closed	23 Taco w/Corn Chips Turkey Bacon Sub Melt Garden Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Peaches</i>	24 Crispy Chicken Sandwich Beef Dippers w/Rice & Roll Cherry Blossom Chicken Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	25 Turkey & Gravy w/Stuffing & Roll Pork Taco w/Corn Chips Grilled Chicken Salad <i>Mashed Potatoes • Roasted Carrots Baby Carrots Mixed Green Salad • Baked Fruit</i>	26 Pizza Burrito, Black Bean & Cheese Buffalo Chicken Salad <i>Oven Potatoes • Green Beans Baby Carrots Mixed Green Salad • Mandarin Oranges</i>
29 Chicken Tenders w/Pretzel Rod Cheeseburger Chef Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Pineapple</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 – External Job Opportunities – Food Service</p> <p><i>An equal opportunity employer</i></p>			

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)

It's easy and convenient to apply for meal benefits for your child(ren).

Go to <https://applyformeals.aacps.org/> 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.