

JANUARY Middle School Menu

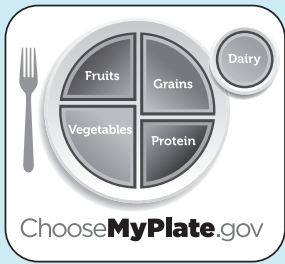
Lunch is only \$3.00 and includes the following healthy choices:

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
<p>Interested in a few hours of work? Come join our team! Apply on line at www.aacps.org Human Resources Employment – Current Job Opportunities – External Job Opportunities – Food Service An equal opportunity employer</p>				<p>1</p> <p>Schools Closed</p>
<p>4</p> <p>Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger</p> <p><i>Potato Wedges • Broccoli Peaches • Applesauce</i></p>	<p>5</p> <p>Thai Chili Chicken w/Rice & Corn Chips Hot Dog Garden Salad</p> <p><i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>6</p> <p>Grilled Chicken Sandwich Lasagna w/Garlic Bread Stick Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>	<p>7</p> <p>Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad</p> <p><i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Pineapple</i></p>	<p>8 <i>Tasting of the Rainbow</i></p> <p>Pizza Chili w/Jalapeno Cornbread Buffalo Chicken Salad</p> <p><i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Mixed Fruit Oven Potatoes</i></p>
<p>11</p> <p>Chicken Tenders w/Pretzel Rod Hot Roast Beef Bowl Chef Salad</p> <p><i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Baked Fruit Oven Potatoes</i></p>	<p>12</p> <p>Chicken Drumstick w/ Stuffing and Roll Hot Dog Garden Salad</p> <p><i>Roasted Carrots • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i></p>	<p>13</p> <p>Grilled Chicken Sandwich Cheese Calzones Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Peas • Baby Carrots Mixed Green Salad • Applesauce</i></p>	<p>14</p> <p>Taco w/Corn Chips Popcorn Chicken w/Pretzel Rod Grilled Chicken Salad</p> <p><i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>	<p>15</p> <p>Pizza Pork Dippers w/Rice & Roll Buffalo Chicken Salad</p> <p><i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple Oven Potatoes</i></p>
<p>18</p> <p>Schools Closed</p>	<p>19 <i>Two Hour Early Dismissal</i></p> <p>Taco w/Corn Chips Turkey Sub Melt Garden Salad</p> <p><i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Peaches</i></p>	<p>20 <i>Two Hour Early Dismissal</i></p> <p>Grilled Chicken Sandwich Pizza Sticks Cherry Blossom Chicken Salad</p> <p><i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i></p>	<p>21 <i>Two Hour Early Dismissal</i></p> <p>Turkey & Gravy w/Stuffing & Roll Burrito Grilled Chicken Salad</p> <p><i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i></p>	<p>22 <i>Two Hour Early Dismissal</i></p> <p>Pizza Fish Sandwich Buffalo Chicken Salad</p> <p><i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Mandarin Oranges</i></p>
<p>25</p> <p>Schools Closed</p>	<p>26</p> <p>Schools Closed</p>	<p>27</p> <p>Grilled Chicken Sandwich Ravioli w/Garlic Bread Stick Cherry Blossom Chicken Salad</p> <p><i>Roasted Root Vegetables • Baby Carrots Mixed Green Salad • Mixed Fruit Oven Potatoes</i></p>	<p>28</p> <p>Taco w/Corn Chips Buffalo Chicken Pizza Grilled Chicken Salad</p> <p><i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Peaches</i></p>	<p>29</p> <p>Pizza Beef Dippers w/Rice & Roll Buffalo Chicken Salad</p> <p><i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Applesauce Oven Potatoes</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.