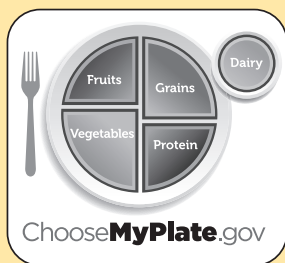


JUNE High School Menu

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 THREE Manager's Choice Entrées

Monday	Tuesday	Wednesday	Thursday	Friday
Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org <i>An equal opportunity employer</i>		1 Popcorn Chicken w/Pretzel Rod Ravioli w/Garlic Bread Stick Tuna Salad <i>Oven Potatoes • Peas • Baby Carrots Mixed Green Salad • Applesauce</i>	2 Taco w/Corn Chips Chicken Quesadilla Grilled Chicken Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	3 <i>Tasting of the Rainbow</i> Pizza Pork Taco w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
	6 Boneless Chicken Wings w/Pretzel Rod Macaroni & Cheese w/Garlic Breadstick Chef Salad <i>Oven Potatoes • Roasted Carrots • Baby Carrots Mixed Green Salad • Mixed Fruit • Pasta</i>	7 Taco w/Corn Chips Pulled BBQ Pork Sandwich Garden Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	8 Popcorn Chicken w/Pretzel Rod Lasagna w/Garlic Bread Stick Tuna Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	9 Turkey & Gravy w/Stuffing & Roll Corn Dog Grilled Chicken Salad <i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>
13 <i>Two Hour Early Dismissal</i> Chicken Tenders w/Pretzel Rod Steak & Cheese Sub Chef Salad <i>Seasoned Rice Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	14 <i>Two Hour Early Dismissal</i> Teriyaki Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	15 <i>Two Hour Early Dismissal</i> Popcorn Chicken w/Pretzel Rod Manager's Choice Tuna Salad <i>Oven Potatoes Roasted Brussel Sprouts • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	16 <i>Two Hour Early Dismissal</i> Pizza Manager's Choice Grilled Chicken Salad <i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	

School Meal Account Information:

All prepaid account balances remain on the student's account while the student is enrolled in Anne Arundel County Public Schools. Monies remain with the students as they graduate to a higher grade and/or transfer to a different school in Anne Arundel County. In addition, refunds for withdrawing and graduating students will be completed at the school restaurant (cash register) upon request. Balances that remain on account after withdrawal/graduation will be available for refunds up to one calendar year after withdrawal/graduation. After such time, all monies remaining on account will revert back to AACPS in support of School Breakfast and Lunch Programs.

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.