

# March

## 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
<p><b>The Perfect Job</b> Work only a few hours each day—No weekends, evenings, or holidays. Call 410-222-5900 An equal opportunity employer</p>			<p><b>1</b> <b>Oven Breaded Chicken Pork Dippers</b> Mashed Potatoes • Stuffing Roasted Butternut Squash Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</p>	<p><b>2</b> <i>“Tasting of the Rainbow”</i> <b>Pizza Fish Nuggets</b> Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</p>
<p><b>5</b> <b>Chicken Nuggets Ham Melt Sub</b> Peas • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Applesauce</p>	<p><b>6</b> <b>Hot Dog/Chili Dog Turkey Bacon Melt</b> Corn • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Peaches</p>	<p><b>7</b> <b>Crispy Chicken on Roll Ravioli</b> Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit • Pineapple</p>	<p><b>8</b> <b>Taco w/Soft or Hard Shell Fiesta Pizza</b> Seasoned Rice • California Blend Tossed Salad • Crisp Veggies Fresh Fruit • Pears</p>	<p><b>9</b> <b>Pizza Tuna Fish Sub</b> Carrots • Tossed Salad Crisp Veggies • Fresh Fruit Mandarin Oranges</p>
<b>Breakfast Week March 5 – March 9, 2012</b>				
<p><b>12</b> <b>Chicken Nuggets Pork Dippers</b> Seasoned Rice • Green Beans Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</p>	<p><b>13</b> <b>Hot Dog/Chili Dog Popcorn Chicken</b> Oven Potatoes • Carrots Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</p>	<p><b>14</b> <b>Grilled Chicken on Roll Mini Burgers</b> Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Apples</p>	<p><b>15</b> <b>Taco w/Soft or Hard Shell Orange Chicken</b> Seasoned Rice • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mandarin Oranges</p>	<p><b>16</b> <b>Pizza Cheese Fish Sandwich</b> Broccoli • Tossed Salad Crisp Veggies • Fresh Fruit • Pears</p>
<p><b>19</b> <b>Chicken Nuggets Nachos Grande</b> Corn • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Pears</p>	<p><b>20</b> <b>Stuffed Crust Pizza-Cheese or Veggie Hot Dog/Chili Dog</b> Peas • Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</p>	<p><b>21</b> <b>Crispy Chicken on Roll Baked Ziti w/Cheese</b> California Blend • Tossed Salad Crisp Veggies • Fresh Fruit Peaches</p>	<p><b>22</b> <i>“Breakfast at Lunch”</i> <b>Pancakes w/Sausage Links Breakfast Square w/Sausage Link</b> Potato Rounds • Crisp Veggies Fresh Fruit • Applesauce</p>	<p><b>23</b> <b>Pizza Fish Nuggets</b> Vegetarian Beans • Tossed Salad Carrots • Crisp Veggies Fresh Fruit • Pineapple</p>
<p><b>26</b> <b>Chicken Nuggets Macaroni &amp; Cheese</b> Broccoli • Vegetarian Beans Tossed Salad • Crisp Veggies Fresh Fruit • Applesauce</p>	<p><b>27</b> <b>Hot Dog/Chili Dog Teriyaki Chicken</b> Seasoned Rice • Green Beans Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</p>	<p><b>28</b> <b>Crispy Chicken on Roll Meatball Sub</b> Pasta w/Parmesan Sauce • Carrots Tossed Salad • Crisp Veggies Fresh Fruit • Pears</p>	<p><b>29</b> <b>Turkey &amp; Gravy BBQ Pork Sub</b> Mashed Potatoes • Stuffing Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit Mandarin Oranges</p>	<p><b>30</b> <i>Two Hour Early Dismissal</i> <b>Pizza Pancakes w/Sausage Links</b> Potato Rounds • Kale • Fresh Fruit Peaches • Baked Apples</p>

## 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](http://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

Celebrate National Nutrition Month and National School Breakfast Week. Be a role model by eating breakfast with your children. This is a great way to start the day!

