

# MARCH High School Menu

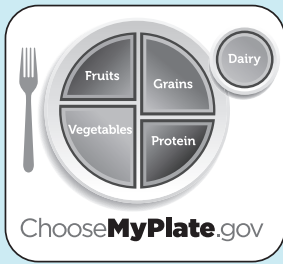
**Lunch is only \$3.00 and includes the following healthy choices:**

**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
	<b>1</b> Spicy Chicken w/Rice & Roll Hot Dog Garden Salad  <i>Oven Potatoes • Broccoli Baby Carrots Mixed Green Salad • Baked Fruit</i>	<b>2</b> Grilled Chicken Sandwich Pork Taco w/Corn Chips Cherry Blossom Chicken Salad  <i>Roasted Root Vegetables • Baby Carrots Oven Potatoes • Mixed Green Salad • Mixed Fruit</i>	<b>3</b> Taco w/Corn Chips Buffalo Chicken Pizza Grilled Chicken Salad  <i>Oven Potatoes • Carrots Baby Carrots Mixed Green Salad • Peaches</i>	<b>4</b> <i>Tasting of the Rainbow</i> Pizza Fish Sandwich Buffalo Chicken Salad  <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Applesauce Oven Potatoes</i>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <i>Hear the Maryland Crunch!</i>	<b>11</b>
<i>National School Breakfast Week — March 7–11, 2016</i>				
Boneless Chicken Wings w/Pretzel Rod Pancakes w/Sausage Chef Salad  <i>Oven Roasted Potatoes • Baby Carrots • Pasta Mixed Green Salad • Mandarin Oranges</i>	Taco w/Corn Chips Pulled BBQ Pork Sandwich Garden Salad  <i>Broccoli Normandy • Baby Carrots • Pineapple Oven Potatoes • Mixed Green Salad</i>	Crispy Chicken Sandwich Pepperoni Stromboli Cherry Blossom Chicken Salad  <i>Vegetarian Beans • Baby Carrots • Mixed Fruit Oven Potatoes • Mixed Green Salad</i>	Macaroni & Cheese w/Garlic Bread Stick Corn Dog Grilled Chicken Salad  <i>Roasted Butternut Squash • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	Pizza Nacho Fish Sticks w/Corn Chips Buffalo Chicken Salad  <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Baked Fruit</i>
<b>14</b> Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger Chef Salad  <i>Oven Potatoes • Broccoli Baby Carrots • Seasoned Rice Mixed Green Salad • Applesauce</i>	<b>15</b> Thai Chili Chicken w/Rice & Corn Chips Hot Dog Garden Salad  <i>Oven Potatoes • Corn Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	<b>16</b> Grilled Chicken Sandwich Steak and Cheese Sub Cherry Blossom Chicken Salad  <i>Oven Potatoes • Green Beans Baby Carrots Mixed Green Salad • Baked Fruit</i>	<b>17</b> Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad  <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad • Pineapple</i>	<b>18</b> Pizza Burrito, Black Bean & Cheese Buffalo Chicken Salad  <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Mixed Fruit Oven Potatoes</i>
<b>21</b>  Schools Closed	<b>22</b>  Schools Closed	<b>23</b>  Schools Closed	<b>24</b>  Schools Closed	<b>25</b>  Schools Closed
<b>28</b>  Schools Closed	<b>29</b> Taco w/Corn Chips Turkey Bacon Sub Melt  <i>Vegetarian Beans Baby Carrots Oven Potatoes • Pineapple • Peaches</i>	<b>30</b> Crispy Chicken Sandwich Beef Dippers w/Rice & Roll Cherry Blossom Chicken Salad  <i>Roasted Root Vegetables • Baby Carrots Oven Potatoes Mixed Green Salad • Applesauce</i>	<b>31</b> Turkey & Gravy w/Stuffing & Roll Burrito, Black Bean & Cheese Grilled Chicken Salad  <i>Mashed Potatoes Baby Carrots Mixed Green Salad • Baked Fruit</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](http://www.MyPaymentsPlus.com) to register today.



Tune into Food for Thought on AACPS-TV, Channel 96 (Comcast and Broadstripe) and Channel 36 (Verizon)



**Celebrate with all AACPS students eating breakfast on March 10, Maryland Day and hear the Maryland Crunch. Have you had your apple today?**

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.