

MAY Middle School Menu

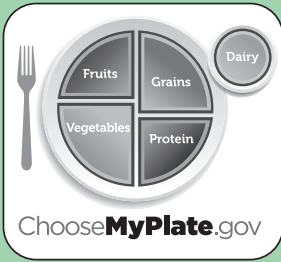
Lunch is only \$3.00 and includes the following healthy choices:

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
2 Boneless Chicken Wings w/Pretzel Rod Waffle w/Sausage Chef Salad <i>Oven Roasted Potatoes • Baby Carrots Carrots • Mixed Green Salad • Mixed Fruit</i>	3 Taco w/Corn Chips Turkey Bacon Sub Melt Garden Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad • Peaches</i>	4 Grilled Chicken Sandwich Cheese Calzones Tuna Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	5 Turkey & Gravy w/Stuffing & Roll Corn Dog Grilled Chicken Salad <i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	6 <i>Tasting of the Rainbow</i> School Lunch Hero Day Pizza Fish Sandwich Spicy Chicken Salad <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mandarin Oranges Oven Potatoes</i>
9 10 11 12 13 <i>School Nutrition Employee Appreciation Week</i>				
9 Popcorn Chicken w/Pretzel Rod Roast Beef Bread Bowl Chef Salad <i>Oven Potatoes • Peas • Baby Carrots Mixed Green Salad • Pineapple</i>	10 Teriyaki Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	11 Crispy Chicken Sandwich Macaroni & Cheese w/Garlic Bread Stick Tuna Salad <i>Broccoli Normandy • Baby Carrots Oven Potatoes • Mixed Green Salad Mixed Fruit</i>	12 Taco w/Corn Chips Black Bean & Cheese Burrito Grilled Chicken Salad <i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	13 Pizza Beef Dippers w/Rice & Roll Spicy Chicken Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Applesauce Oven Potatoes</i>
16 Boneless Chicken Wings w/Pretzel Rod Pancakes w/Sausage Chef Salad <i>Oven Roasted Potatoes • Baby Carrots • Corn Mixed Green Salad • Mandarin Oranges</i>	17 Taco w/Corn Chips Ham & Cheese Pretzel Melt Garden Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	18 Grilled Chicken Sandwich Pepperoni Stromboli Tuna Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Baked Fruit Oven Potatoes</i>	19 Turkey & Gravy w/Stuffing & Roll Cheeseburger Grilled Chicken Salad <i>Roasted Butternut Squash • Baby Carrots Mashed Potatoes • Mixed Green Salad • Peas</i>	20 Pizza Nacho Fish Sticks w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Peaches</i>
23 Chicken Tenders w/Pretzel Rod Hamburger Chef Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	24 Orange Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	25 Crispy Chicken Sandwich Steak and Cheese Sub Tuna Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	26 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Pineapple Oven Potatoes</i>	27 Pizza Chili Bread Bowl Spicy Chicken Salad <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Baked Fruit Oven Potatoes</i>
30  Schools Closed	31 Spicy Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Peaches</i>	Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org <i>An equal opportunity employer</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 to register today.



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

NEW!

Please take a moment the week of May 9 – 13 to thank our wonderful cafeteria staff for their commitment and devotion to our children.

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.