

NOVEMBER Middle School Menu

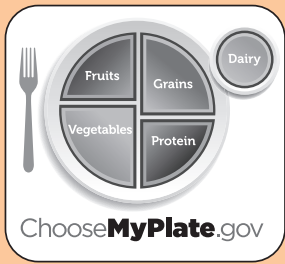
Lunch is only \$3.00 and includes the following healthy choices:

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 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Chef Salad <i>Oven Potatoes • Vegetarian Beans</i> <i>Baby Carrots • Mixed Green Salad</i> <i>Baked Fruit</i>	3 Cherry Blossom Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Roasted Carrots</i> <i>Baby Carrots</i> <i>Mixed Green • Salad Peaches</i>	4 Crispy Chicken Sandwich Cheese Calzones Tuna Salad <i>Oven Potatoes • Peas • Baby Carrots</i> <i>Mixed Green Salad • Applesauce</i>	5 Taco w/Corn Chips Chicken Quesadilla Grilled Chicken Salad <i>Oven Potatoes • Broccoli • Baby Carrots</i> <i>Mixed Green Salad • Mandarin Oranges</i>	6 <i>Tasting of the Rainbow</i> Pizza Pork Taco w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Green Beans</i> <i>Baby Carrots • Mixed Green Salad • Pineapple</i>
9 Boneless Chicken Wings w/Pretzel Rod Waffle w/Sausage Chef Salad <i>Oven Potatoes • Roasted Pumpkin</i> <i>Baby Carrots • Mixed Green Salad</i> <i>Mixed Fruit</i>	10 Taco w/Corn Chips Turkey Bacon Sub Melt Garden Salad <i>Oven Potatoes • Vegetarian Beans</i> <i>Baby Carrots • Mixed Green Salad • Peaches</i>	11 <i>Two Hour Early Dismissal</i> Grilled Chicken Sandwich Pizza Sticks Tuna Salad <i>Oven Potatoes • Kale • Baby Carrots</i> <i>Mixed Green Salad • Applesauce</i>	12 Turkey & Gravy w/Stuffing & Roll Corn Dog Grilled Chicken Salad <i>Mashed Potatoes • Baby Carrots</i> <i>Mixed Green Salad • Baked Fruit</i>	13 Pizza Fish Sandwich Spicy Chicken Salad <i>Oven Potatoes • Broccoli Normandy</i> <i>Baby Carrots</i> <i>Mixed Green Salad • Mandarin Oranges</i>
16 Chicken Tenders w/Pretzel Rod Buffalo Chicken Pizza Chef Salad <i>Oven Potatoes • Corn • Baby Carrots</i> <i>Mixed Green Salad • Pineapple</i>	17 Teriyaki Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Broccoli • Baby Carrots</i> <i>Mixed Green Salad • Baked Fruit</i>	18 Crispy Chicken Sandwich Lasagna w/Garlic Bread Stick Tuna Salad <i>Oven Potatoes • Roasted Brussel Sprouts</i> <i>Baby Carrots • Mixed Green Salad</i> <i>Mixed Fruit</i>	19 Taco w/Corn Chips Cheeseburger Grilled Chicken Salad <i>Oven Potatoes • Carrots • Baby Carrots</i> <i>Mixed Green Salad • Peaches</i>	20 Pizza Beef Dippers w/Rice & Roll Spicy Chicken Salad <i>Oven Potatoes • Vegetarian Beans</i> <i>Baby Carrots • Mixed Green Salad</i> <i>Applesauce</i>
23 	24 	25 	26 	27 
30 Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger <i>Potato Wedges</i> <i>Broccoli</i> <i>Applesauce • Mandarin Oranges</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, 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!

Learn more about nutrient and allergen data. All the healthy choices AACPS offers can be found at www.aacps.org/nutrition/nutrientdata2.asp or scan the QR Code.

