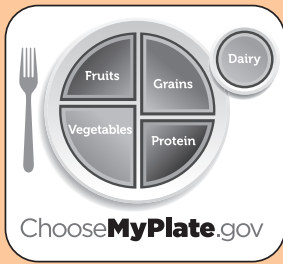


OCTOBER Middle School Menu

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
Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org <i>An equal opportunity employer</i>			1 Taco w/Corn Chips Chicken Quesadilla Grilled Chicken Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	2 <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>
5 Boneless Chicken Wings w/Pretzel Rod Waffle w/Sausage Chef Salad <i>Oven Potatoes • Roasted Pumpkin Baby Carrots • Mixed Green Salad Mixed Fruit</i>	6 Taco w/Corn Chips Turkey Bacon Sub Melt Garden Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad • Peaches</i>	7 Grilled Chicken Sandwich Pizza Sticks Tuna Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	8 Turkey & Gravy w/Stuffing & Roll Corn Dog Grilled Chicken Salad <i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	9 Pizza Fish Sandwich Spicy Chicken Salad <i>Oven Potatoes • Broccoli Normandy Baby Carrots • Mixed Green Salad Mandarin Oranges</i>
12 Chicken Tenders w/Pretzel Rod Buffalo Chicken Pizza Chef Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	13 Teriyaki Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	14 <i>National School Lunch Week</i> Crispy Chicken Sandwich Lasagna w/Garlic Bread Tuna Salad <i>Roasted Brussel Sprouts • Baby Carrots Oven Potatoes • Mixed Green Salad Mixed Fruit</i>		15 <i>2 Hour Early Dismissal</i> Taco w/Corn Chips Cheeseburger Grilled Chicken Salad <i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Peaches</i>
19 Boneless Chicken Wings w/Pretzel Rod Pancakes w/Sausage Chef Salad <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	20 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Stick Garden Salad <i>Broccoli Normandy • Baby Carrots Oven Potatoes • Mixed Green Salad Pineapple</i>	21 Grilled Chicken Sandwich Pepperoni Stromboli Tuna Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Mixed Fruit</i>	22 Popcorn Chicken w/Pretzel Rod Ham & Cheese Pretzel Melt Grilled Chicken Salad <i>Roasted Butternut Squash • Baby Carrots Oven Potatoes • Mixed Green Salad Peaches</i>	23 Pizza Nacho Fish Sticks w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Baked Fruit</i>
26 Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger Chef Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	27 Orange Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Corn • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	28 Crispy Chicken Sandwich Ravioli w/Garlic Bread Tuna Salad <i>Oven Potatoes • Green Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	29 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad <i>Vegetarian Beans • Baby Carrots Oven Potatoes • Mixed Green Salad Pineapple</i>	30 <i>2 Hour Early Dismissal</i> Pizza Chili Bread Bowl Spicy Chicken Salad <i>Roasted Acorn Squash • Baby Carrots Oven Potatoes • Mixed Green Salad Mixed 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, 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 the nutrition standards we meet at www.aacps.org/nutrition/nutrientdata2.asp or scan the QR Code.

