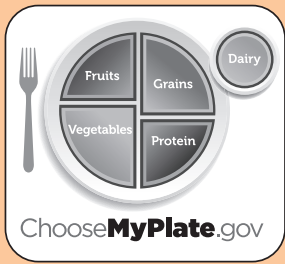


SEPTEMBER Middle School Menu

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
	1 Taco w/Corn Chips Turkey Bacon Sub Melt Garden Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Peaches</i>	2 Grilled Chicken Sandwich Pizza Sticks Tuna Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Applesauce</i>	3 Turkey & Gravy w/Stuffing & Roll Corn Dog Grilled Chicken Salad <i>Mashed Potatoes • Baby Carrots Mixed Green Salad • Baked Fruit</i>	4 <i>Tasting of the Rainbow</i> Pizza Fish Sandwich Spicy Chicken Salad <i>Oven Potatoes • Broccoli Normandy Baby Carrots • Mixed Green Salad Mandarin Oranges</i>
7 Schools Closed	8 Teriyaki Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Broccoli • Baby Carrots Mixed Green Salad • Baked Fruit</i>	9 Crispy Chicken Sandwich Lasagna w/Garlic Bread Stick Entrée Salad <i>Oven Potatoes • Roasted Brussels Sprouts Baby Carrots • Mixed Green Salad Mixed Fruit</i>	10 Taco w/Corn Chips Cheeseburger Grilled Chicken Salad <i>Oven Potatoes • Carrots • Baby Carrots Mixed Green Salad • Peaches</i>	11 Pizza Beef Dippers w/Rice & Roll Spicy Chicken Salad <i>Oven Potatoes Vegetarian Beans • Baby Carrots Mixed Green Salad • Applesauce</i>
14 Schools Closed	15-17 Homegrown School Lunch Week			
	15 Taco w/Corn Chips Macaroni & Cheese w/Garlic Bread Stick Garden Salad <i>Oven Potatoes • Broccoli Normandy Baby Carrots • Mixed Green Salad</i>	16 Grilled Chicken Sandwich Pepperoni Stromboli Tuna Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Mixed Fruit</i>	17 Popcorn Chicken w/Pretzel Rod Ham & Cheese Pretzel Melt Grilled Chicken Salad <i>Oven Potatoes • Baby Carrots Roasted Butternut Squash Mixed Green Salad • Peaches</i>	18 Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Spicy Chicken Salad <i>Oven Potatoes • Kale • Baby Carrots Mixed Green Salad • Peaches</i>
21 Chicken Tenders w/Pretzel Rod Bacon Cheddar Burger Chef Salad <i>Oven Potatoes • Broccoli Baby Carrots Mixed Green Salad • Applesauce</i>	22 Orange Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Corn Baby Carrots • Mixed Green Salad Mandarin Oranges</i>	23 Schools Closed	24 Taco w/Corn Chips Fiesta Pizza Grilled Chicken Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Pineapple</i>	25 Pizza Chili Bread Bowl Spicy Chicken Salad <i>Oven Potatoes Roasted Acorn Squash • Mixed Fruit Baby Carrots • Mixed Green Salad</i>
28 Chicken Tenders w/Pretzel Rod Steak and Cheese Sub Chef Salad <i>Oven Potatoes • Vegetarian Beans Baby Carrots • Mixed Green Salad Baked Fruit</i>	29 Cherry Blossom Chicken w/Rice & Roll Hot Dog Garden Salad <i>Oven Potatoes • Roasted Carrots Baby Carrots Mixed Green Salad • Peaches</i>	30 Crispy Chicken Sandwich Cheese Calzones Tuna Salad <i>Oven Potatoes • Peas Baby Carrots • Mixed Green Salad Applesauce</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 the nutrition standards we meet at www.aacps.org/nutrition/nutrientdata2.asp or scan the QR Code.

