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w/ Carbs



Recipient of the District of Excellence in Child Nutrition

Secondary (GW, FCH & Minnie Howard)

§ MASTER CYCLE 2011-2012 §



The Voice of School Nutrition for ACPS



MONDAY 1-1 Choose One: Chicken Fillet (14) on WG Twister Roll (28) Vegetarian Chili (33) w/ Brown Rice (24.25) and 4 Tortilla Rounds (0) Harvest Edge Cheese Pizza (41) Harvest Edge Pepperoni Pizza (41) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Tuna (29.16) w/ Dressing (varies) Choose Two: Whipped or Glazed Sweet Potatoes (36.74) Fresh Lettuce/Sliced Tomato (2.23) Fresh Baby Carrots w/ Dip (7.23) Chilled Pears (21.1) (Oct-?) Fresh Watermelon (5.5) (Sept Only) Assorted Milk

MONDAY 2-1 Choose One: New Orleans Style Chicken (15) w/ Romano Brown Rice (16) Alternate every 3 wks: Hamburger (0) / Cheeseburger (0) on WW Bun (24) or Turkey Bacon Burger (0) on WW Bun (24) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Tuna (29.16) w/ Dressing (varies) Romano Brown Rice (16) Choose Two: Vegetarian Baked Beans (31.77) Fresh Lettuce/Tomato/Pickle (2.23) Fresh Sugar Snap Peas w/ Dip (7.9) Chilled Sliced Peaches (19.24) Fresh Cantaloupe (7) (Sept Only) Assorted Milk

MONDAY 3-1 Choose One: Chicken Teriyaki (7.07) w/ Brown Rice (24.25) Cheese Quesadilla (41) Fish Filet (13) on Whole Wheat Bun (24) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Tuna (29.16) w/ Dressing (varies) Choose Two: Savory Mexican Beans (31.2) Fresh Spinach Salad w/ Grape Tomatoes (2.1) Fresh Red Grapes (14.8) Chilled Pears (21.1) Assorted Milk

TUESDAY 1-2 Choose One: Nachos (40) w/ Chili & Cheese (27) Popcorn Chicken (19) Spicy Chicken Tenders (18) (Add once Popcorn Chicken is gone) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) BLT Chef Salad (18.37) w/ Dressing (varies) Choose Two: School Made Vegetable Soup (11.2) w/ Saltine Crackers (9) (Oct-Mar) Cheese Topped Baked Potato (28.25) Fresh Celery Sticks / Cauliflower / Grape Tomatoes w/ Dip (4) Chilled Sliced Peaches (19.24) Fresh Fuji Apple (19.1) Assorted Milk

TUESDAY 2-2 Choose One: Stuffed Pasta (17.7) w/ Marinara Sauce (14.44) Chicken Chunks (14) Meatball Sub w/ Marinara Sauce on Hoagie Bun (46.8) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) BLT Chef Salad (18.37) w/ Dressing (varies) Choose Two: Steamed Green Beans (5) Fresh Lettuce/Sliced Tomato (2.23) Fresh Baby Carrots/Red & Green Pepper Strips w/ Dip (9) (Sept-Oct) Fresh Broccoli/Cauliflower w/ Dip (5.1) (Nov) Chilled Mandarin Oranges (18.4) Fresh Gala Apple (19.1) Assorted Milk

TUESDAY 3-2 Choose One: Spaghetti (20.25) & Meatsauce (9.42) w/ Italian Breadstick (19) Italian Hot Pocket (41) Philly Chicken Cheesesteak on Hoagie Bun (32) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) BLT Chef Salad (18.37) w/ Dressing (varies) Choose Two: Steamed Broccoli Normandy (4) Fresh Radishes/Cucumbers w/ Dip (4) Chilled Applesauce (13.25) Fresh Orange Wedges (11.3) Assorted Milk

WEDNESDAY 1-3 Choose One: Spaghetti (20.25) & Meatsauce (9.42) w/ WW Yeast Roll (26) Bean & Cheese Burrito (52.3) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Spinach Chef Salad (20.61) w/ Dressing (varies) Choose Two: Steamed Whole Kernel Corn (17) Fresh Garden Salad (3.5) w/ Dressing (varies) Chilled Apricots (21) Chilled Pineapple Tidbits (20.7) Assorted Milk

WEDNESDAY 2-3 Choose One: 4 Beef Teriyaki Dunkers (10.4) w/ Vegetable Couscous (25.94) WW Grilled Cheese Sandwich (28) Harvest Edge Cheese Pizza (41) Harvest Edge Pepperoni Pizza (41) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Spinach Chef Salad (20.61) w/ Dressing (varies) Vegetable Couscous (25.94) Choose Two: Tomato Soup (28) w/ Saltine Crackers (9) (Oct-Mar) Steamed Butternut Squash (13) Fresh Celery Sticks/Radishes w/ Dip (3) Chilled Apricots (21) Fresh Green Grapes (14.8) Assorted Milk

WEDNESDAY 3-3 Choose One: Roasted Chicken (0.09) w/ WG Cinnamon Roll (23) Meatloaf (8) on WW Bun (18) w/ 1/2 c Macaroni and Cheese (11) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Spinach Chef Salad (20.61) w/ Dressing (varies) Choose Two: 1/2 c Macaroni and Cheese (11) Beets w/ Orange Sauce (17) Fresh Broccoli/Cauliflower/Celery Sticks w/ Dip (4) Chilled Sliced Peaches (19.24) Fresh Green Grapes (14.8) Assorted Milk

THURSDAY 1-4 Choose One: Asian Chicken Bites (34) 4 Beef Teriyaki Dunkers (10.4) w/ Brown Rice (24.25) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Popcorn Chicken (41.88) w/ Dressing (varies) Steamed Brown Rice (24.25) Choose Two: Baked Cinnamon Apples (26.2) Fresh Summer Squash/Carrots w/ Dip (5) Chilled Mandarin Oranges (18.4) Fresh Pear (21.5) Assorted Milk

THURSDAY 2-4 Choose One: Soft Beef Taco (35) Spicy Chicken Tenders (18) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Popcorn Chicken (41.88) w/ Dressing (varies) Choose Two: Deli Roaster Potatoes (25) Fresh Carrots/Sugar Snap Peas w/ Dip (8) Fresh Lettuce/Diced Tomato (2.23) Chilled Mandarin Oranges w/ Chilled Pears (21.26) Assorted Milk

THURSDAY 3-4 Choose One: Chicken Fajita (2.67) w/ Spanish Rice (19.43) Turkey Burger (0) on WW Bun (24) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chef Salad/Popcorn Chicken (41.88) w/ Dressing (varies) Spanish Rice (19.43) Choose Two: Baked Plantains (36.7) Fresh Carrots/Snow Peas w/ Dip (8) Chilled Mandarin Oranges (18.4) Fresh Pear (21.5) Assorted Milk

FRIDAY 1-5 Choose One: Harvest Edge Cheese Pizza (41) Harvest Edge Pepperoni Pizza (41) Fish Filet (13) on Whole Wheat Bun (24) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chicken Caesar Salad (23) w/ Dressing (varies) Choose Two: Alternate: Steamed Carrots (8.75) or Green Peas (11.9) Fresh Spinach Salad w/ Grape Tomatoes (2.1) Fresh Orange Wedges (11.3) Chilled Applesauce (13.25) Assorted Milk

FRIDAY 2-5 Choose One: Harvest Edge Cheese Pizza (41) Harvest Edge Pepperoni Pizza (41) Harvest Edge Roasted Chicken Sicilian Pizza (43) Fish Filet (13) on Whole Wheat Bun (24) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chicken Caesar Salad (23) w/ Dressing (varies) Choose Two: Steamed Broccoli (5) Fresh Cucumbers/Grape Tomatoes w/ Dip (5) Chilled Pineapple Tidbits (20.7) Fresh Banana (23) Assorted Milk

FRIDAY 3-5 Choose One: Harvest Edge Cheese Pizza (41) Harvest Edge Pepperoni Pizza (41) 2 Perdue Turkey Hot Dog (2) on WW Bun (20) Whole Wheat PB&J Sandwich (34) Yogurt Lunch (40) Chicken Caesar Salad (23) w/ Dressing (varies) Choose Two: Alternate: Steamed Collard Greens (7.21) or Brussels Sprouts (6.8) Fresh Steamed Cabbage (3.67) (Aug-Dec) Fresh Carrots/Celery w/ Dip (5) Chilled Pineapple Tidbits (20.7) Fresh Red Delicious Apple (19.1) Assorted Milk

SNACKS AND BEVERAGES Limited amounts of a la carte snack items available daily Milk, Assorted \$0.50 Ice Cream, Reduced Fat \$0.60 Chips or Hard Pretzels \$0.65 Chex Mix or Clodhoppers \$0.75 Water, Bottled \$0.75 VeryFine 100% Juice \$1.00 Otis Spunkmeyer Cookies, Reduced Fat 2 / \$1.00

Listed above and below are our most popular items, additional items may be available for purchase but are not listed here.

Additional Items Fruit or Vegetable \$0.75 Entrée ONLY - BREAKFAST \$1.25 Entrée ONLY - LUNCH \$2.25

Please join us in the school cafeteria as we serve you nutritious, healthy breakfasts and lunches daily.

Disclaimer: Carbohydrate grams may vary depending upon vendors substitution of brand name products.

MEAL PRICES: BREAKFAST (milk is included in meal price): STUDENT Full Price \$1.25 Reduced Meals: \$0.00 ADULT Full Price \$1.55 LUNCH (milk is included in meal price): STUDENT Full Price \$2.50 Reduced Meals: \$0.00 ADULT Full Price \$3.25 BUY BY THE MONTH: 20 Breakfasts = \$25.00 Full Price 20 Lunches = \$50.00 Full Price An additional milk can be purchased for \$0.50. A la carte items available daily.

This Menu repeats itself.

MENUS SUBJECT TO CHANGE Contains no pork

Contains Pork

Contains Nuts

Vegetarian Choice

Whole Grain (WG) or Whole Wheat (WW)

New Item

Contains Dairy Products (incl. Proportioned dressing in salads)

over

