



# Baltimore County Public Schools

## Secondary School Menu

### March 2012

Our student lunch always includes two fruits or vegetables and milk!

We offer:

- A daily selection of fresh fruit
- Dark green and orange vegetables
- Beans/legumes
- Lots of whole grain selections
- Low and non-fat milk
- Non-fat yogurt lunch offered daily

#### Menu Key

- \* - Meatless
- Whole Grain
- Pork
- Processed in a plant w/nuts

#### Meal Prices

	<u>Breakfast</u>	<u>Lunch</u>
Paid	\$1.55	\$3.00
Reduced	\$.30	\$.40

<http://www.bcps.org/offices/ofns>

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
<b>Stuffed Crust Pizza</b> Cheese or Pepperoni  <b>Chicken Patty Sandwich</b> and/or <b>Spicy Chicken Patty Sandwich</b>  <b>Hamburger/ Cheeseburger</b> or <b>Cheesesteak Sub</b>  <b>Deli or Sandwiches &amp; Wraps</b>	<b>Pizza</b> Cheese or Pepperoni  <b>Chicken Patty Sandwich</b> and/or <b>Spicy Chicken Patty Sandwich</b>  <b>Hamburger/ Cheeseburger</b> or <b>Cheesesteak Sub</b>  <b>Deli or Sandwiches &amp; Wraps</b>	<b>Pizza</b> Cheese or Pepperoni  <b>Chicken Patty Sandwich</b> and/or <b>Spicy Chicken Patty Sandwich</b>  <b>Hamburger/ Cheeseburger</b> or <b>Cheesesteak Sub</b>  <b>Deli or Sandwiches &amp; Wraps</b>	<b>Pizza</b> Cheese or Pepperoni  <b>Chicken Patty Sandwich</b> and/or <b>Spicy Chicken Patty Sandwich</b>  <b>Hamburger/ Cheeseburger</b> or <b>Cheesesteak Sub</b>  <b>Deli or Sandwiches &amp; Wraps</b>	<b>Stuffed Crust Pizza</b> Cheese or Pepperoni  <b>Chicken Patty Sandwich</b> and/or <b>Spicy Chicken Patty Sandwich</b>  <b>Hamburger/ Cheeseburger</b> or <b>Cheesesteak Sub</b>  <b>Deli or Sandwiches &amp; Wraps</b>
			<i>Thursday, Mar. 1</i>	<i>Friday, Mar. 2</i>
			<b>Soft Taco</b>  <b>Taco Salad &amp; Baked Scoops</b>  <b>Manager's Choice Entrée</b>  Black Bean & Corn Salad Manager's Choice Veg/Potato Fresh Fruit	<b>Stuffed Shells*</b>  <b>Manager's Choice Entrée</b>  <b>Free ABC/123 Cookies</b>  Corn Mgr's Choice Veg/Potato Chopped Side Salad Fresh Fruit
<i>Monday, Mar. 5</i>	<i>Tuesday, Mar. 6</i>	<i>Wednesday, Mar. 7</i>	<i>Thursday, Mar. 8</i>	<i>Friday, Mar. 9</i>
<b>Macaroni and Cheese*</b> <b>&amp; Dinner Roll</b>  <b>Manager's Choice Entrée</b>  Glazed Baby Carrots Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Asian Ginger Chicken &amp; Rice</b>  <b>Manager's Choice Entrée</b>  Green Beans Manager's Choice Veg/Potato Broccoli Salad Fresh Fruit	<b>Fish Hoagie*</b> <b>with Cheese</b>  <b>Manager's Choice Entrée</b>  Sweet Potato Casserole Fresh Fruit Fresh Vegetables	<b>Spaghetti  w/ Meat Sauce</b>  <b>Manager's Choice Entrée</b>  Spinach Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Southwest Chili*</b> <b>&amp; Baked Scoops</b>  <b>Manager's Choice Entrée</b>  Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables

<i>Monday, Mar. 12</i>	<i>Tuesday, Mar. 13</i>	<i>Wed., Mar. 14</i>	<i>Thursday, Mar. 15</i>	<i>Friday, Mar. 16</i>
<b>Teriyaki Chicken Nuggets &amp; Rice</b> 🌾 <b>Manager's Choice Entrée</b>  Baked Beans 🐷 Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Turkey and Dumplings</b> 🌾 <b>Manager's Choice Entrée</b>  Carrot and Raisin Salad Manager's Choice Veg/Potato Fresh Fruit	<b>Grilled Cheese Sandwich*</b> <b>Manager's Choice Entrée</b>  Tomato Soup Sweet Potato Sticks Fresh Fruit Fresh Vegetables	<b>Soft Taco</b> 🌾 <b>Taco Salad &amp; Baked Scoops</b> 🌾 <b>Manager's Choice Entrée</b>  Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Manager's Choice Entrées</b>  Broccoli w/ Cheese Sauce Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables
<i>Monday, Mar. 19</i>	<i>Tuesday, Mar. 20</i>	<i>Wed., Mar. 21</i>	<i>Thursday, Mar. 22</i>	<i>Friday, Mar. 23</i>
<b>General Tso's Beef &amp; Rice</b> 🌾 <b>Manager's Choice Entrée</b>  Broccoli Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Salisbury Steak &amp; Dinner Roll</b> <b>Manager's Choice Entrée</b>  Mashed Potatoes & Gravy Fresh Fruit Fresh Vegetables	<b>Crispy Baked Chicken &amp; Dinner Roll</b> <b>Manager's Choice Entrée</b>  Sweet Potatoes Fresh Fruit Fresh Vegetables	<b>Orange Chicken and Rice</b> 🌾 <b>Manager's Choice Entrée</b>  Green Beans Manager's Choice Veg/Potato Chopped Side Salad Fresh Fruit	<b>Fish Hoagie &amp; Cheese*</b> <b>Manager's Choice Entrée</b>  Refried Beans Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables
<i>Monday, Mar. 26</i>	<i>Tuesday, Mar. 27</i>	<i>Wed., Mar. 28</i>	<i>Thurs., Mar. 29</i>	<i>Friday, Mar. 30</i>
<b>Spicy Chicken Strips &amp; Cornbread Loaf</b> 🍴 <b>Manager's Choice Entrée</b>  Collard Greens Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Barbeque Rib Sandwich</b> 🐷 <b>Manager's Choice Entrée</b>  Sweet Potatoes & Apples Fresh Fruit Fresh Vegetables	<b>Manager's Choice Entrées</b>  Corn Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables	<b>Soft Taco</b> <b>Taco Salad &amp; Baked Scoops</b> 🌾 <b>Manager's Choice Entrée</b>  Black Bean & Corn Salad Manager's Choice Veg/Potato Fresh Fruit	<b>THREE HOURS EARLY CLOSING</b> <b>Mini Pancakes &amp; Turkey Sausage</b> 🌾 <b>Manager's Choice Entrée</b>  Potato Wedges Fresh Fruit



The Office of Food and Nutrition Services is now using MyLunchMoney.com, a new service for parents to prepay for student meals and snacks. Visit [www.MyLunchMoney.com](http://www.MyLunchMoney.com) to enroll and get started!