



Baltimore County Public Schools

Secondary School Menu

February 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 |
|--|--|--|--|--|
| Stuffed Crust Pizza Cheese or Pepperoni Chicken Patty Sandwich and/or Spicy Chicken Patty Sandwich Hamburger/ Cheeseburger or Cheesesteak Sub Deli or Sandwiches & Wraps | Pizza Cheese or Pepperoni Chicken Patty Sandwich and/or Spicy Chicken Patty Sandwich Hamburger/ Cheeseburger or Cheesesteak Sub Deli or Sandwiches & Wraps | Pizza Cheese or Pepperoni Chicken Patty Sandwich and/or Spicy Chicken Patty Sandwich Hamburger/ Cheeseburger or Cheesesteak Sub Deli or Sandwiches & Wraps | Pizza Cheese or Pepperoni Chicken Patty Sandwich and/or Spicy Chicken Patty Sandwich Hamburger/ Cheeseburger or Cheesesteak Sub Deli or Sandwiches & Wraps | Stuffed Crust Pizza Cheese or Pepperoni Chicken Patty Sandwich and/or Spicy Chicken Patty Sandwich Hamburger/ Cheeseburger or Cheesesteak Sub Deli or Sandwiches & Wraps |
| <i>Monday, Jan. 30</i> | <i>Tuesday, Jan. 31</i> | <i>Wednesday, Feb. 1</i> | <i>Thursday, Feb. 2</i> | <i>Friday, Feb. 3</i> |
| | | Mini Pancakes & Turkey Sausage Manager's Choice Entrée Cinnamon Apples Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables | Soft Taco Taco Salad & Baked Scoops Manager's Choice Entrée Black Bean & Corn Salad Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables | Stuffed Shells* Manager's Choice Entrée Corn Mgr's Choice Veg/Potato Chopped Side Salad Fresh Fruit Fresh Vegetables |
| <i>Monday, Feb. 6</i> | <i>Tuesday, Feb. 7</i> | <i>Wednesday, Feb. 8</i> | <i>Thursday, Feb. 9</i> | <i>Friday, Feb. 10</i> |
| Macaroni and Cheese* & Dinner Roll Manager's Choice Entrée Glazed Baby Carrots Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables | Asian Ginger Chicken & Rice Manager's Choice Entrée Green Beans Manager's Choice Veg/Potato Broccoli Salad Fresh Fruit Fresh Vegetables | Fish Hoagie* with Cheese Manager's Choice Entrée Sweet Potato Casserole Fresh Fruit Fresh Vegetables | Spaghetti w/ Meat Sauce Manager's Choice Entrée Spinach Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables | Southwest Chili* & Baked Scoops Manager's Choice Entrée Mgr's Choice Hot Veg. Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables |

| <i>Monday, Feb. 13</i> | <i>Tuesday, Feb. 14</i> | <i>Wed., Feb. 15</i> | <i>Thursday, Feb. 16</i> | <i>Friday, Feb. 17</i> |
|--|--|---|--|---|
| <p>Teriyaki Chicken Nuggets & Rice 🌿</p> <p>Manager's Choice Entrée</p> <p>Baked Beans 🍲 Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | <p>Turkey and Dumplings 🌿</p> <p>Manager's Choice Entrée</p> <p>Carrot and Raisin Salad Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | <p>Grilled Cheese Sandwich*</p> <p>Manager's Choice Entrée</p> <p>Tomato Soup Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | <p>Soft Taco 🌿</p> <p>Taco Salad & Baked Scoops 🌿</p> <p>Manager's Choice Entrée</p> <p>Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | <p>Manager's Choice Entrée</p> <p>Manager's Choice Entrée</p> <p>Broccoli w/ Cheese Sauce Fresh Fruit Fresh Vegetables</p> |
| <i>Monday, Feb. 20</i> | <i>Tuesday, Feb. 21</i> | <i>Wed., Feb. 22</i> | <i>Thursday, Feb. 23</i> | <i>Friday, Feb. 24</i> |
| <p>PRESIDENTS' DAY</p> <p>SCHOOLS AND OFFICES CLOSED</p> <p></p> | <p>Salisbury Steak & Dinner Roll</p> <p>Manager's Choice Entrée</p> <p>Mashed Potatoes & Gravy Fresh Fruit Fresh Vegetables</p> | <p>Crispy Baked Chicken with Dinner Roll</p> <p>Manager's Choice Entrée</p> <p>Sweet Potato Sticks Fresh Fruit Fresh Vegetables</p> | <p>Spaghetti with Meat Sauce 🌿</p> <p>Manager's Choice Entrée</p> <p>Green Beans Manager's Choice Veg/Potato Chopped Side Salad Fresh Fruit Fresh Vegetables</p> | <p>Manager's Choice Entrée</p> <p>Manager's Choice Entrée</p> <p>Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> |
| <i>Monday, Feb. 27</i> | <i>Tuesday, Feb. 28</i> | <i>Wed., Feb. 29</i> | | |
| <p>Spicy Chicken Strips & Cornbread Loaf 🍴</p> <p>Manager's Choice Entrée</p> <p>Collard Greens Manager's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | <p>Hot Turkey Sandwich</p> <p>Manager's Choice Entrée</p> <p>Sweet Potatoes & Apples Fresh Fruit Fresh Vegetables</p> | <p>Pancakes & Turkey Sausage 🌿</p> <p>Manager's Choice Entrée</p> <p>Cinnamon Apples Mgr's Choice Veg/Potato Fresh Fruit Fresh Vegetables</p> | | |



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 to enroll and get started!