

BACK TO SCHOOL

MENUS FOR SEPTEMBER 2017

Caroline County Public Schools
Colonel Richardson High School

This institution is an equal opportunity provider.



Remembering our Heroes on September 11, and showing our support for them all year round.



We're SO GLAD to see you! It's going to be a GREAT YEAR!

Welcome Back for FOOD, FUN, & FITNESS!

DON'T GET! To make a lunch, choose at least one

Fruit/Juice or **Veggie**

and 3-5 items total

Fruit/Juice **Grains** **Milk** **Protein** **Vegetables**

Tuesday, September 5

Breakfast
Cheese & Sausage Frittata

Lunch
Santa Fe Chicken Salad
Chicken Filet Sandwich
or
Baked Ziti w/Meat Sauce & Breadstick

Caesar Salad
Oven Baked Fries
Choice of Fruit

Wed., September 6

Breakfast
Zucchini Bread

Lunch
Chicken Caesar Salad
Pizza Sticks
w/Dipping Sauce
or
BBQ Pork Sliders

Sautéed Kale
Bean Salad
Onion Rings
Choice of Fruit

Thursday, September 7

Breakfast
Sausage Sandwich

Lunch
Chef Salad w/Breadstick
Chicken Poppers w/Roll
or
Salisbury Steak w/Gravy

Mashed Potatoes
Squash Medley
Choice of Fruit

Friday, September 8

Breakfast
Mini Bagels
w/Cinnamon Cream Cheese

Lunch
Tuna Salad on Greens w/Crackers
Sweet & Sour Shrimp over Rice
or
Chicken Parmesan Sandwich

Broccoli
Oven Baked Fries
Choice of Fruit

Monday, September 11

Breakfast
Apple Frudel

Lunch
Taco Salad
Hot Turkey, Bacon & Cheddar n Croissant
or
Pancake, Sausage & Scrambled Egg

Tater Tots
Stewed Tomatoes
Hot Apples
Choice of Fruit

Tuesday, September 12

Breakfast
Ham & Cheese Croissant

Lunch
Santa Fe Chicken Salad
Chicken Filet Sandwich
or
Cheese Ravioli w/Tomato Sauce & Garlic Bread

Roasted String Beans
Seasoned Steak Fries
Choice of Fruit

Wed., September 13

Breakfast
Whole Grain Donut

Lunch
Chicken Caesar Salad
Mozzarella Sticks w/Marinara
or
Cheeseburger Macaroni

Waffled Sweet Potato Fries
Roasted Parmesan Cauliflower
Choice of Fruit

Thursday, September 14

Breakfast
Cheddar Cheese & Egg Wrap

Lunch
Chef Salad w/Breadstick
Chicken Nuggets w/Roll
or
Hot Dog on a Bun

Onion Rings
Baked Beans
Cole Slaw
Choice of Fruit

Friday, September 15

Breakfast
Cini Mini

Lunch
Tuna Salad on Greens w/Crackers
General Taos Chicken over Fried Rice
or
Fish Filet Sandwich w/ Jalapenos & Cilantro Sauce

Lemon Pepper Broccoli
Oven Baked Fries
Choice of Fruit

Make the healthy, economical choice!

Breakfast _____ Lunch _____

Free \$2.50

Get in touch with us today to learn more about free and reduced-price meals in our district: 410-479-3261

AVAILABLE DAILY

Breakfast Items - Served Daily

Entrée

(Alternative items may be served i.e.: Pop Tart,

Cereal Bar & Granola Bar)

Fruit (must be 1/2 cup)

and/or Juice

Optional Milk (Choices will vary)

Lunch - Options May Vary

Delish Sandwich & Wraps

PBJ w/Cheese Stick

Celery Sticks w/Sun Butter

Specialty Salads

Pizza

Chicken Patty Sandwich

Cheeseburger

Cheese, Fruit & Yogurt Plate

Carrots w/Dip

Romaine Tossed Salad

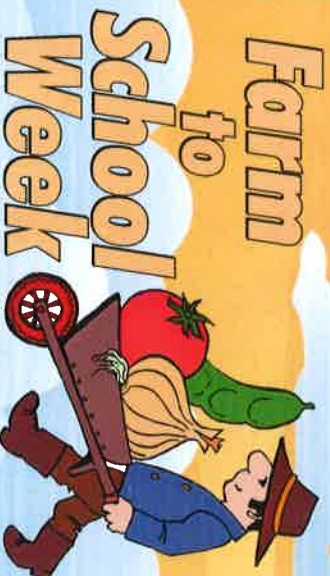
Hummus

All Breads, Breading & Pasta are Whole Grain

Milk Choices

Low Fat White

Non-Fat Chocolate, Strawberry & White



Farm to School Week

We'll be celebrating our local and regional agricultural bounty during the week of Sept. 25th-29th

Monday, September 18

Breakfast

Banana Bread

Lunch

Taco Salad

Ham & Cheese Melt on a Pretzel Roll

or

Buffalo Chicken Pizza

Oven Baked Fries

Orange Glazed Carrots

Choice of Fruit

Tuesday, September 19

Breakfast

Egg & Cheese on a Bun

Lunch

Santa Fe Chicken Salad

Chicken Filet Sandwich

or

Spaghetti & Meatballs w/Cheesy Bread

Sautéed Spinach

Oven Baked Fries

Choice of Fruit

Wed., September 20

Breakfast

Cherry Frudel

Lunch

Chicken Caesar Salad

Pepperoni Calzones w/Dipping Sauce

or

Chicken Pasta Salad

Squash Casserole

Sweet Potato Wedges

Choice of Fruit

Thursday, September 21

Breakfast

Ham & Cheese Tac-Go

Lunch

Chef Salad w/Breadstick

Shrimp Poppers w/Pretzel Rod

or

Pork Taquitos

Onion Rings

Clantro & Garlic Corn

Black Bean Dip w/Tortilla Chips

Oven Baked Fries

Choice of Fruit

Friday, September 22

Breakfast

Bagel w/Cream Cheese or Sun Butter

Lunch

Tuna Salad on Greens w/Crackers

Kung Pao Shrimp over Rice

or

Toasted Cheese Sandwich

Tomato Soup

w/Goldfish Crackers

Steamed Broccoli

Oven Baked Fries

Choice of Fruit

Monday, September 25

Breakfast

Mini Waffles

Lunch

Taco Salad

Burger on a Bun

or

Local Hot Dog on a Bun

Local Cantaloupe Soup

Local Sautéed Kale

Macaroni & Cheese

Baked Beans

Choice of Fruit

Tuesday, September 26

Breakfast

Cheese & Sausage Frittata

Lunch

Santa Fe Chicken Salad

Local Chicken & Cheese Sandwich

or

Spaghetti & Meatballs w/Cheesy Bread

Local Squash Casserole

Local Lettuce & Tomato

Local Watermelon

Choice of Fruit

Local Cheese Tasting

Wed., September 27

Breakfast

Banana Bread

Lunch

Chicken Caesar Salad

Pizza Sticks w/Dipping Sauce

or

Local BBQ Chicken

Local Corn

Watermelon & Mint Soup

Local Roasted Potatoes

Choice of Fruit

Thursday, September 28

Breakfast

Sausage Sandwich

Lunch

Taco Salad

Chicken Nuggets w/Roll

or

Local Steak & Cheese Wrap

Local Tomato Salad

Oven Baked French Fries

Choice of Fruit

Maryland Crab Soup Tasting

Friday, September 29

Breakfast

Mini Bagels w/ Cinnamon Cream Cheese

Lunch

Tuna Salad on Greens w/Crackers

Chicken Caesar Wrap

or

Local Pulled Pork Sliders

Local Sweet Potato

Local Cucumber Salad

Choice of Fruit

Middle Line Bar

Cheese Steak

Monday

Nachos

Tuesday

Burrito

Wednesday

Baked Potato Bar

Thursday

Taco

Friday

Middle Line Served Daily

Buffalo Chicken Sub

Pizza

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day – you might be surprised at the total.

A QUICK BITE FOR PARENTS