

Menus for June 2018

Caroline County
Public Schools
Colonel Richardson High



This institution is an equal opportunity provider. Menus are subject to change.

Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
Breakfast Mini Waffles Lunch Taco Salad Hot Turkey Bacon & Cheddar Croissant or Meatball Parmesan Sub Oven Baked Fries Kale & Garlic Choice of Fruit	Breakfast Cheese & Sausage Fritata Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Filet Sandwich or Spaghetti & Meatballs w/Garlic Bread Seasoned Steak Fries Lemon Parsley Green Beans Choice of Fruit	Breakfast Wild Berry Bread Lunch Chicken Caesar Salad Pizza Sticks w/Dipping Sauce or Cheeseburger Sub Honey Coined Carrots Oven Baked Fries Choice of Fruit	Breakfast Sausage Sandwich Lunch Chef Salad w/Breadstick Chicken Poppers w/Roll or Pizza Burger Oven Baked Fries Peas Choice of Fruit	Breakfast Mini Bagels w/Cinnamon Cream Cheese Lunch Tuna Salad on a Bed of Lettuce w/Crackers Sweet & Sour Beer & Broccoli Stir Fry over Rice or Macaroni & Cheese Steamed Broccoli Choice of Fruit
Monday, June 11 Breakfast Apple Fritzel Lunch Taco Salad Bacon Cheeseburger on a Bun or Hot Dog on a Bun Oven Baked Fries Baked Beans Choice of Fruit	Tuesday, June 12 Breakfast Ham & Cheese Croissant Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Filet Sandwich or Cheese Ravioli w/Tomato Sauce & Garlic Bread Honey Glazed Carrot Coins Oven Baked Fries Choice of Fruit	Wednesday, June 13 Breakfast Whole Grain Donut Lunch Chicken Caesar Salad Mozzarella Sticks w/Dipping Sauce or Taco Sour Cream & Salsa Lettuce & Tomato Seasoned Rice Pinto Beans Choice of Fruit	Thursday, June 14 Breakfast Cheddar Cheese & Egg Wrap Lunch Chef Salad w/Breadstick Chicken Nuggets w/Pretzel Rod or Meatball Parmesan Sub Oven Baked Fries Broccoli Choice of Fruit	Friday, June 15 Breakfast Cini Minis Lunch Tuna Salad on a Bed of Lettuce w/Crackers Cheese Steak Sub or Fish Sandwich Oven Baked Fries Coined Carrots Choice of Fruit

Friday, June 1
Breakfast Bagel w/Cream Cheese or Sun Butter Lunch Tuna Salad on a Bed of Lettuce w/Crackers Kung Pao Chicken over Rice or Toasted Cheese Sandwich Tomato Soup w/Goldfish Crackers Steamed Broccoli Oven Baked Fries Choice of Fruit

Make the healthy,
economical choice!
Breakfast Lunch

Free Paid **\$2.50**
Reduced **\$0.40**

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

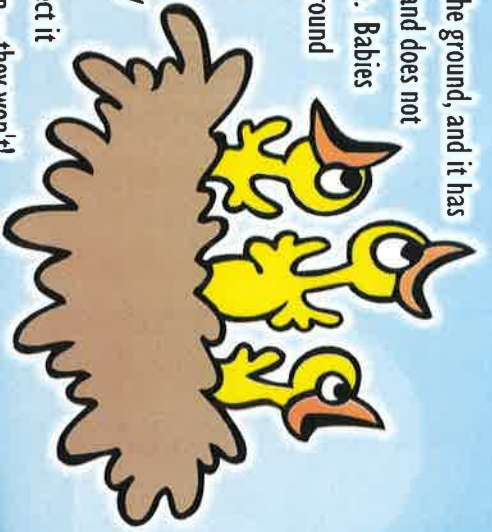
NUTRITION 100%
Has your family ever tried 100% whole wheat pasta? It contains a few less calories than regular pasta and up to four times as much fiber. Whole wheat pasta is somewhat darker, a little chewier, and more flavorful than regular pasta. You can find whole wheat spaghetti and other pasta varieties just about anywhere!

A QUICK BITE FOR PARENTS

It's good to be the King!

Father's Day
June 17

If you find a baby bird on the ground, and it has all or most of its feathers and does not look injured, leave it alone. Babies usually learn to fly from the ground up, and mom and dad are probably watching nearby. If the baby does not have any feathers or just a few, carefully put it back in the nest. It's a myth that the parents will reject it if it's been touched by a human — they won't!



<p>Monday, June 18</p> <p>Breakfast Banana Bread</p> <p>Lunch Taco Salad Hot Turkey, Bacon & Cheddar on Croissant or Managers Choice Choice of Fruit</p>	<p>Tuesday, June 19</p> <p>Breakfast Cereal</p> <p>Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Flier Sandwich or Managers Choice Oven Baked Fries Broccoli Choice of Fruit</p>
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<p><i>Middle Line - May Vary</i></p> <p>Monday: Chicken Party Sandwich Tuesday: Spicy Chicken Party Sandwich Wednesday: Chicken Poppers Thursday: Buffalo Chicken Sub Friday: Pizza</p> <p>Featured Bars</p> <p>Monday: Cheesburger Tuesday: Cheessteak Wednesday: Nachos Thursday: Burrito Bar Friday: Baked Potato Bar Taco</p>	<p>Available Daily</p> <p>Breakfast Items - Served Daily</p> <p>Entrée (alternative items may be served i.e: Pop Tart, Cereal Bar & Granola Bar) Fruit (must be 1/2 cup)</p> <p>Optional - Milk (choices may vary)</p> <p>Lunch - Options May Vary Deli Sandwiches & Wraps PBJ w/Cheese Stick Celery Sticks w/Sun Butter Specialty Salads Pizza Chicken Party Sandwich Cheesburger Cheese, Fruit & Yogurt Plate Carrots w/Dip Romanne Tossed Salad Hummus</p> <p>All Breads, Breading & Pasta are Whole Grain</p> <p>Milk Choices Low Fat White Non-Fat Chocolate, Strawberry & White</p>
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THANKS!

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!

