

BACK TO SCHOOL

MENUS FOR SEPTEMBER 2017

Caroline County Public Schools
Colonel Richardson Middle
&
Lockerman Middle

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 Salad w/Chicken & Tortilla Chips
Chicken Fillet 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 & Croutons
Pizza Sticks
w/Dipping Sauce
or
Taco

Sour Cream & Salsa
Lettuce & Tomato
Black Bean Salad
Seasoned Rice
Choice of Fruit

Thursday, September 7

Breakfast
Sausage Sandwich

Lunch
Taco Salad
Chicken Poppers w/Roll
or
Baked Potato
w/Ham & Cheese

Chili
Steamed Broccoli
Choice of Fruit

Friday, September 8

Breakfast
Mini Bagels
w/Cinnamon Cream Cheese

Lunch
Tuna Salad on a Bed of Lettuce w/Crackers
Buffalo Pizza
or
Baja Fish Taco

Lettuce & Tomato
Sour Cream
Sweet Potato Waffle Fries
Roasted Veggies
Choice of Fruit

Monday, September 11

Breakfast
Apple Frudel

Lunch
Chef Salad w/Breadstick
Pancake w/Sausage Links
or
Ham & Cheese Melt on Pretzel Roll

Hash Browns
Stewed Tomatoes
Hot Apples
Choice of Fruit

Tuesday, September 12

Breakfast
Whole Grain Donut

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

Roasted Parmesan Cauliflower
Confetti Fries
Choice of Fruit

Wed., September 13

Breakfast
Cheddar Cheese & Egg Wrap

Lunch
Chicken Caesar Salad & Croutons
Mozzarella Sticks
w/Marinara & Breadstick
or
Beef & Cheese Nachos

Sour Cream & Salsa
Pinto Beans
Corn
Green Rice
Choice of Fruit

Thursday, September 14

Breakfast
Wild Berry Bread

Lunch
Taco Salad
Chicken Nuggets
or
Salisbury Steak w/Gravy
Roll

Mashed Potatoes
Peas
Choice of Fruit

Friday, September 15

Breakfast
Mini Pancakes w/Strawberry

Lunch
Tuna Salad on a Bed of Lettuce w/Crackers
Steak & Cheese Wrap
or
Chicken Teriyaki over Rice

Oriental Vegetables
Egg Roll
Brown Rice
Choice of Fruit

Make the healthy, economical choice!

Free Breakfast **\$2.50 Lunch**

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

Deli 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

Chef Salad w/Breadstick
Bacon Cheese Burger on a Roll
or
Chicken & Cheese Quesadilla

String Beans & Carrots
Onion Rings
Salsa
Choice of Fruit

Tuesday, September 19

Breakfast

Cherry Frittel

Lunch

Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filet Sandwich
or
Spaghetti & Meatballs w/Cheesy Bread

Squash Casserole
Oven Baked Curly Fries
Choice of Fruit

Wed., September 20

Breakfast

Ham & Cheese Tac-Go

Lunch

Chicken Caesar Salad & Croutons
Pepperoni Calzones w/Dipping Sauce
or
Taco

Sour Cream & Salsa
Lettuce & Tomato
Refried Beans
Spanish Rice
Choice of Fruit

Thursday, September 21

Breakfast

Cini Minis

Lunch

Taco Salad
Chicken Poppers w/Pretzel Rod
or
Toasted Cheese Sandwich

Tomato Soup
w/Goldfish Crackers
Roasted Broccoli
Oven Baked Fries
Choice of Fruit

Friday, September 22

Breakfast

Bagel w/Cream Cheese or Sun Butter

Lunch

Tuna Salad on a Bed of Lettuce w/Crackers
Buffalo Pizza
or
Fish Nuggets w/Roll

Cauliflower & Broccoli
Waffled Sweet Potato Fries
Choice of Fruit

Monday, September 25

Breakfast

Mini Waffles

Lunch

Chef Salad w/Breadstick
Local 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 Salad w/Chicken & Tortilla Chips
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

Zucchini Bread

Lunch

Chicken Caesar Salad & Croutons
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 a Bed of Lettuce w/Crackers
Chicken Caesar Wrap
or
Local Pulled Pork Sliders

Local Sweet Potato
Local Cucumber Salad
Choice of Fruit

OUR NATION'S HISTORY



On September 28, 1542 the first Europeans to ever set foot in present-day California sailed into San Diego Bay. Spain and then Mexico ruled the territory for most of the next 300 years, before California became the 31st state in the American union in 1850.

California has more people than any other state – if it were a country, California would be the world's 35th most populous country and would have the sixth largest economy in the world all by itself! And guess what? For a very brief time in the 1840's, it was a country – the California "Bear Republic"!

WITH LIBERTY & JUSTICE FOR ALL

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