

Menus for December 2017

Caroline County Public Schools
Colonel Middle & Lockerman Middle

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

Friday, December 1

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, December 4

No School
In-Service

**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

Tuesday, December 5

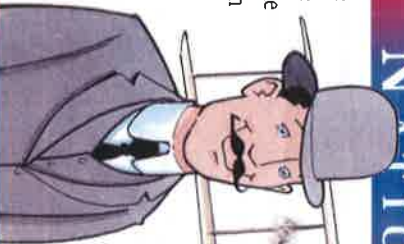
Breakfast
Whole Grain Donut

Lunch

Santa Fe Salad w/Chicken
& Tortilla Chips
Chicken Filer Sandwich
or
Cheese Ravioli w/Tomato Sauce
& Garlic Bread
Roasted Parmesan Cauliflower
Conetti Fries
Choice of Fruit

OUR NATION'S HISTORY

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, permanently changing the way people travel. Within 55 years, commercial jets were flying paying customers in the United States.



**Orville &
Wilbur
Wright**



WITH LIBERTY & JUSTICE FOR ALL

Wednesday, December 6

Breakfast

Cheddar Cheese Egg Wrap

Lunch

Chicken Caesar Salad &
CROUTONS
Mozzarella Sticks w/Marinara
& Breadstick
or
Beef & Cheese Nacho

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

Thursday, December 7

Breakfast

Wild Berry Bread

Lunch

Taco Salad
Chicken Nuggets
or
Salisbury Steak w/Gravy

Roll
Mashed Potatoes
Peas
Choice of Fruit

Friday, December 8

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

HAPPY WOOLLY DAYS.
Want to have MAMMOTH fun over the Holidays? Go check out the woolly mammoths at a natural history museum in your area.
Or visit an art museum.
Or a national monument.
Or a children's museum.
Cool stuff that's mostly inside!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Available Daily

Breakfast Items - Served Daily

Entree

(alternative items may be served ie:
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 Sandwiches & Wraps
PBJ w/Cheese Stick
Celery Sticks w/Sun Butter
Specialty Salads
Pizza
Chicken Party 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

Monday, December 11

Breakfast
Banana Bread

Lunch

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

String Beans
Onion Rings
Salsa
Choice of Fruit

Wednesday, December 13

Breakfast
Ham & Cheese Tac-GO

Lunch

Chicken Caesar Salad &
CROUTONS
Pepperoni Falzones
w/Dipping Sauce
or
Tacos
Sour Cream & Salsa
Lettuce & Tomato
Refried Beans
Corn
Choice of Fruit

Wednesday, December 20

Breakfast
Zucchini Bread

Lunch

Chicken Caesar Salad &
CROUTONS
Pizza Sticks w/Dipping Sauce
or
Cheese & Chicken Taquitos

Sour Cream & Salsa
Lettuce & Tomato
Seasoned Rice
Pinto Beans
Choice of Fruit



Serves you right!

This month, let's look at VEGETABLES. MyPlate.gov advises us to eat at least 2-3 cups of veggies a day. **But what exactly makes a cup?** Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 12 baby carrots or 2 medium regular carrots
- 1 bell pepper cut into strips
- 7 or 8 cherry tomatoes
- 1 medium potato or half a large sweet potato
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears



Learn more at [www.CHOOSemyPLATE.gov](http://www.choosemyplate.gov) or http://kidshealth.org/kid/day_healthy/food/pyramid.html

Tuesday, December 12

Breakfast
Cherry Fritzel

Lunch

Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Fillet Sandwich
or
Spaghetti & Meatballs w/Garlic Bread

Coined Carrots
Oven Baked Fries
Choice of Fruit

Thursday, December 14

Breakfast
Cini Minis

Lunch

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

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

Thursday, December 21

Breakfast
Sausage Sandwich

Lunch

Taco Salad
Chicken Nuggets w/Roll
or
Steak & Cheese Wrap

String Beans & Tomato
Sauté
Curly Fries
Choice of Fruit

Friday, December 15

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, December 18

Breakfast
Mini Waffles

Lunch

Chef Salad w/Breadstick
Oven Fried Chicken w/Roll
or
Hot Dog on a Bun

Sautéed Kale
Onion Rings
Baked Beans
Choice of Fruit

Tuesday, December 19

Breakfast
Cheese & Sausage Fritata

Lunch

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

Squash Medley
Seasoned Steak Fries
Choice of Fruit

Wishing you and your family a bright and happy Holiday Season!

Caroline County Public Schools
Food Services Department



See You Next Year!
Happy New Year

Last day of school:
Thursday, December 21

Classes Resume
Tuesday, January 2

