

Menus for December 2017

Caroline County Public Schools
Colonel Richardson High

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
Sweet & Sour Shrimp over Rice
or

Chicken Parmesan Sandwich

Broccoli w/Cheese Sauce
Oven Baked Fries
Choice of Fruit

Monday, December 4

No School
In-Service

Friday, December 8

Breakfast

Cini Mini

Lunch

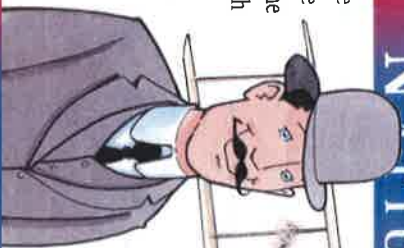
Tuna Salad on a Bed of
Lettuce w/Crackers
General Toss Chicken over
Fried Rice
or

Fish Filer Sandwich
w/Jalapenos & Cilantro Sauce

Roasted Parmesan Cauliflower
Oven Baked 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

Tuesday, December 5

Breakfast

Ham & Cheese Croissant

Lunch

Santa Fe Salad w/Chicken
& Tortilla Chips
Chicken Filet Sandwich
or

Cheese Ravioli w/Tomato Sauce
& Garlic Bread

String Beans
Seasoned Steak Fries
Choice of Fruit

Wednesday, December 6

Breakfast

Whole Grain Donut

Lunch

Chicken Caesar Salad
w/Breadstick
Mozzarella Sticks w/Marinara
or

Cheeseburger Macaroni

Waffle Sweet Potato Fries
Lemon Pepper Broccoli
Choice of Fruit

Thursday, December 7

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, December 8

Breakfast

Cini Mini

Lunch

Tuna Salad on a Bed of
Lettuce w/Crackers
General Toss Chicken over
Fried Rice
or

Fish Filer Sandwich

w/Jalapenos & Cilantro Sauce

Roasted Parmesan Cauliflower
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

Available Daily

Breakfast Items - Served Daily

Entée

(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 Sandwiches & 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

Middlge Linnx - May Vary

Chicken Patty Sandwich

Spiry Chicken Patty Sandwich

Chicken Poppers

Buffalo Chicken Sub

Pizza

Cheeseburger

Featuredz Bars

Cheese Steak

Nachos

Burrito Bar

Baked Potato Bar

Taco

Monday

Tuesday

Wednesday

Thursday

Friday

Monday, December 11

Breakfast
Banana Bread

Lunch
Taco Salad
Ham & Cheese Melt on Pretzel Roll
or
Buffalo Chicken Pizza

Oven Baked Fries
Orange Glazed Carrots
Choice of Fruit

Wednesday, December 13

Breakfast
Cherry Fritzel

Lunch
Chicken Caesar Salad
Pepperoni Calzones w/Dipping Sauce
or
Spinach & Chicken Alfredo Pasta w/Garlic Bread

Squash Casserole
Sweet Potato Wedges
Choice of Fruit

Wednesday, December 20

Breakfast
Wild Berry Bread

Lunch
Chicken Caesar Salad w/Breadstick
Pizza Sticks w/Dipping Sauce
or
Taco

Sour Cream & Salsa
Lettuce & Tomato
Corn w/Cilantro & Garlic
Confetti Fries
Choice of Fruit



What's on **YOUR** plate?

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://edshhealth.org/tcdistay_health/foodpyramid.html

Tuesday, December 12

Breakfast
Egg & Cheese on a Bun

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

Sautéed Spinach
Oven Baked Fries
Choice of Fruit

Thursday, December 14

Breakfast
Han & Cheese Tac-Go

Lunch
Chef Salad w/Breadstick
Shrimp Poppers w/Roll
or
Chicken & Cheese Taquitos

Onion Rings
Corn w/Cilantro & Garlic
Black Beans
Oven Baked Fries
Choice of Fruit

Thursday, December 21

Breakfast
Sausage Sandwich

Lunch
Chef Salad w/Breadstick
Chicken Poppers w/Roll
or
Macaroni & Cheese

Broccoli Slaw w/Apples
Baked Beans
Onion Rings
Choice of Fruit

Friday, December 15

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

Wishing you and your family a bright and happy Holiday Season!
Caroline County Public Schools
Food Services Department

Monday, December 18

Breakfast
Mini Waffles

Lunch
Taco Salad
Hot Turkey, Bacon & Cheddar Croissant
or
Meatball Parmesan Sub

Oven Baked Fries
Kale & Garlic
Choice of Fruit

Tuesday, December 19

Breakfast
Cheese & Sausage Frittata

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filet Sandwich
or
Cheesesteak Sub

Seasoned Steak Fries
Lemon Parsley Green Beans
Choice of Fruit

See You Next Year!
Happy New Year!

Last day of school:
Thursday, December 21
Classes Resume
Tuesday, January 2

