

# BACK TO SCHOOL

## MENUS FOR SEPTEMBER 2017

Caroline County Public Schools  
Elementary

This institution is an equal opportunity provider.



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

**and 3-5 items total**

- Fruit/Juice
- Veggie
- Grains
- Milk
- Protein
- Vegetables

**Tuesday, September 5**

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**  
**Santa Fe Salad w/Chicken & Tortilla Chips**  
Golden Chicken Patty Sandwich  
or  
Pulled BBQ Pork Sliders  
Broccoli Slaw w/Apples  
Oven Baked Fries  
Baked Beans  
Choice of Fruit

**Wed., September 6**

**Breakfast**  
Zucchini Bread

**Lunch**  
**Chicken Caesar Salad & Croissants**  
Pizza Sticks w/Dipping Sauce  
or  
Taco  
Sour Cream & Salsa  
Lettuce & Tomato  
Corn  
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**  
French Bread Pizza  
or  
Chicken Teriyaki over Rice  
Oriental Vegetables  
Egg Roll  
Rice  
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**  
Golden Chicken Party Sandwich  
or  
Baked Ziti w/Meat 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  
Choice of Fruit

**Thursday, September 14**

**Breakfast**  
Wild Berry Bread

**Lunch**  
**Taco Salad**  
Chicken Nuggets w/Roll  
or  
Hot Turkey, Cheese & Bacon Croissant  
Oven Baked Fries  
Broccoli w/Cheese Sauce  
Choice of Fruit

**Friday, September 15**

**Breakfast**  
Mini Pancakes w/Strawberry

**Lunch**  
**Tuna Salad on a Bed of Lettuce w/Crackers**  
Pizza  
or  
Baja Fish Taco  
Lettuce & Tomato  
Sour Cream  
Sweet Potato Wedges  
Roasted Veggies  
Choice of Fruit

**Make the healthy, economical choice!**

Breakfast — Lunch

**Free \$2.25**

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 here: 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  
Cheese, Fruit & Yogurt Lunchable  
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, September 18

### Breakfast

Banana Bread

### Lunch

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

Onion Rings  
Vegetable Soup  
Choice of Fruit

Tuesday, September 19

### Breakfast

Cherry Frudel

### Lunch

**Santa Fe Salad w/Chicken & Tortilla Chips**  
Golden Chicken Party Sandwich  
or  
Cheese Steak Sub

Sesame Roasted String Beans  
Oven Baked Curry 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  
Oven Baked Fries  
Roasted Broccoli  
Choice of Fruit

Friday, September 22

### Breakfast

Bagel w/Cream Cheese or Sun Butter

### Lunch

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

Roasted Veggies  
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 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**  
French Bread Pizza  
or  
Local Pulled BBQ Pork Sliders

Local Sweet Potato  
Local Cucumber Salad  
Choice of Fruit



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

## 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 101

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