

# Menus for December 2017

Caroline County Public Schools  
Elementary

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  
French Bread Pizza  
or  
Chicken Teriyaki over Rice

Oriental Vegetables  
Egg Roll  
Rice  
Choice of Fruit

Monday, December 4

No School  
In-Service

Make the healthy,  
economical choice!

Free Breakfast Lunch

Paid \$2.25  
Reduced \$0.40

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

410-479-3261

## 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**  
Whole Grain Donut

**Lunch**  
Santa Fe Salad w/Chicken  
& Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Cheese Ravioli w/Tomato Sauce  
& Garlic Bread  
Roasted Parmesan Cauliflower  
Confetti Fries  
Choice of Fruit

Wednesday, December 6

**Breakfast**  
Cheddar Cheese Egg Wrap

**Lunch**  
Chicken Caesar Salad &  
Croissants  
Mozzarella Sticks w/Marinara  
& Breadstick  
or  
Beef & Cheese Nacho

Sour Cream & Salsa  
Pinto Beans  
Corn  
Choice of Fruit

Thursday, December 7

**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, December 8

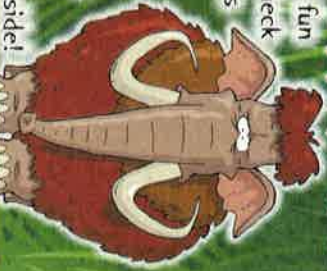
**Breakfast**  
Mini Pancakes w/Strawberry

**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

## 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

Entrée

(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  
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, December 11

**Breakfast**  
Banana Bread

**Lunch**

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

Onion Rings  
Steamed Broccoli  
Choice of Fruit

Wednesday, December 13

**Breakfast**  
Ham & Cheese Tac-Go

**Lunch**

Chicken Caesar Salad &  
CROUTONS  
Pepperoni Calzones  
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  
Corn  
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/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Tuesday, December 12

**Breakfast**  
Cherry Frudel

**Lunch**

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

String Beans  
Oven Baked Curly Fries  
Choice of Fruit

Thursday, December 14

**Breakfast**  
Cini Minis

**Lunch**

Taco Salad  
Chicken Poppers w/Roll  
or  
Toasted Cheese Sandwich

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

Thursday, December 21

**Breakfast**  
Sausage Sandwich

**Lunch**

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  
Pizza  
or  
Fish Nuggets w/Roll  
Roasted Veggies  
Waffled Sweet Potato Fries  
Choice of Fruit

Monday, December 18

**Breakfast**  
Mini Waffles

**Lunch**

Chef Salad w/Breadstick  
Oven Fried Chicken  
or  
Hot Dog on a Bun  
Sautéed Kale  
Macaroni & Cheese  
Baked Beans  
Choice of Fruit

Tuesday, December 19

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**

Santa Fe Salad w/Chicken  
& Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Spaghetti & Meatballs  
w/Cheesy Bread  
Caesar Salad  
Confetti 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

