

# Menus for June 2018

Caroline County  
Public Schools  
Elementary

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

**Friday, June 1**

**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  
Sweet Potato Fries  
Choice of Fruit

**Make the healthy, economical choice!**

**Breakfast**      **Lunch**

<b>Free</b>	<b>Paid</b>	<b>\$2.25</b>
	<b>Reduced</b>	<b>\$0.40</b>

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**410-479-3261**

**Monday, June 4**

**Breakfast**  
Mini Waffles

**Lunch**  
Chef Salad w/Breadstick  
Hot Dog on a Bun  
or  
Cheeseburger on a Bun

Sautéed Kale  
Macaroni & Cheese  
Baked Beans  
Choice of Fruit

**Tuesday, June 5**

**Breakfast**  
Cheese & Sausage Fritata

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

Caesar Salad  
Oven Baked Fries  
Choice of Fruit

**Wednesday, June 6**

**Breakfast**  
Zucchini Bread

**Lunch**  
Chicken Caesar Salad w/Crotons  
Pizza Sticks w/Dipping Sauce  
or  
Beef Taco

Sour Cream & Salsa  
Corn  
Choice of Fruit

**Thursday, June 7**

**Breakfast**  
Sausage Sandwich

**Lunch**  
Taco Salad  
Chicken Nuggets w/Roll  
or  
Steak & Cheese Quesadilla

Broccoli w/Cheese Sauce  
Curly Fries  
Choice of Fruit

**Friday, June 8**

**Breakfast**  
Mini Bagels  
w/Cinnamon Cream Cheese

**Lunch**  
Tuna Salad on a Bed of Lettuce w/Crackers  
French Bread Pizza  
or  
Oven Fried Chicken w/Roll

Oven Baked Fries  
Coined Carrots  
Choice of Fruit

**Monday, June 11**

**Breakfast**  
Apple Frittel

**Lunch**  
Chef Salad w/Breadstick  
Cheeseburger on a Bun  
or  
French Bread Pizza

Oven Baked Fries  
Tossed Salad  
Choice of Fruit

**Tuesday, June 12**

**Breakfast**  
Whole Grain Donut

**Lunch**  
Santa Fe Salad w/Chicken & Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Baked Ziti and Garlic Bread

Broccoli & Cauliflower Medley  
Confetti Fries  
Choice of Fruit

**Wednesday, June 13**

**Breakfast**  
Cheddar Cheese Egg Wrap

**Lunch**  
Chicken Caesar Salad w/Crotons  
Mozzarella Sticks w/Dipping Sauce  
or  
Beef Burrito

Sour Cream & Salsa  
Lettuce & Tomato  
Corn  
Black Bean Dip w/Chips  
Choice of Fruit

**Thursday, June 14**

**Breakfast**  
Wild Berry Bread

**Lunch**  
Taco Salad  
Chicken Nuggets w/Pretzel Rod  
or  
Meatball Parmesan Sub

Oven Baked Fries  
Orange Glazed Carrots  
Choice of Fruit

**Friday, June 15**

**Breakfast**  
Mini Pancakes w/Strawberry

**Lunch**  
Tuna Salad on a Bed of Lettuce w/Crackers  
Pizza  
or  
Hot Ham & Cheddar on a Croissant

Sweet Potato Puffs  
Roasted Broccoli  
Choice of Fruit

**NUTRITION 101**

Has your family ever tried 100% whole wheat pasta? It contains a few less calories than regular pasta and up to four times as much fiber. Whole wheat pasta is somewhat darker, a little chewier, and more flavorful than regular pasta. You can find whole wheat spaghetti and other pasta varieties just about anywhere!

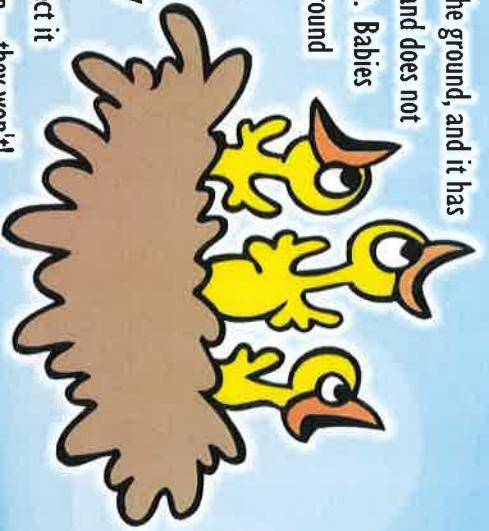
**A QUICK BITE FOR PARENTS**

**It's good to be the King!**

**Father's Day**  
June 17



If you find a baby bird on the ground, and it has all or most of its feathers and does not look injured, leave it alone. Babies usually learn to fly from the ground up, and mom and dad are probably watching nearby. If the baby does not have any feathers or just a few, carefully put it back in the nest. It's a myth that the parents will reject it if it's been touched by a human — they won't!



<p><b>Monday, June 18</b></p> <p><b>Breakfast</b> Banana Bread</p> <p><b>Lunch</b> Chef Salad w/Breadstick Hot Dog on a Bun or Cheeseburger on a Bun</p>	<p><b>Tuesday, June 19</b></p> <p><b>Breakfast</b> Cereal</p> <p><b>Lunch</b> Santa Fe Salad w/chicken &amp; Tortilla Chips Golden Chicken Patty Sandwich or Pizza</p>
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**AND ONLY!**  
The common goldfish is the only animal that can see both ultraviolet and infrared light. So when you use your TV remote, your fish sees the beam!



*Available Daily*

**Breakfast Items - Served Daily**  
*(alternative items may be served ie: Pop Tart, Cereal Bar & Granola Bar)*  
Fruit (must be 1/2 cup)

*Optional - Milk (choices may 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

**RIDE!**

It's one of the best forms of exercise known to man. And one of the best ways to get around

known to kids! Always wear a helmet. But get out there and ride!

**THANKS!**

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!