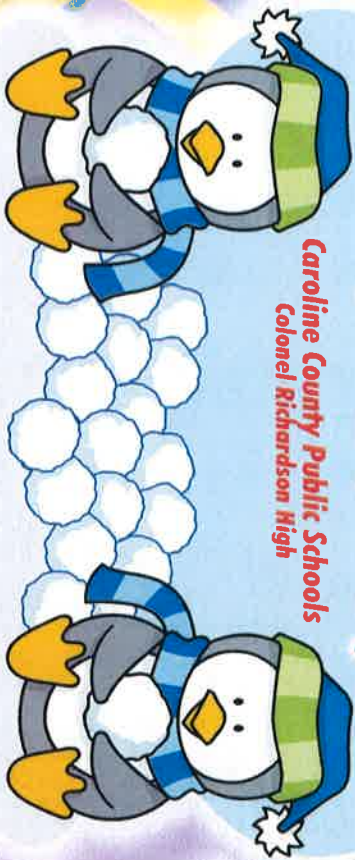


Menus for January 2018

Caroline County Public Schools
Colonel Richardson High



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

2018
Make a Resolution To Save

Join us every day for convenient, economical, healthy meals!

Breakfast **Lunch**
Free \$2.50
Get in touch with us today to learn more about free and reduced-price meals in our district:
410-479-3261



Happy New Year and Welcome Back!
We hope you enjoyed your break!

Monday, January 8

Middle Line - May Vary

- Chicken Party Sandwich
- Spiry Chicken Party Sandwich
- Chicken Poppers
- Buffalo Chicken Sub
- Pizza
- Cheeseburger

Featured Bars

- Monday: Cheese Steak
- Tuesday: Nachos
- Wednesday: Burrito Bar
- Thursday: Baked Potato Bar
- Friday: Taco

Tuesday, January 2
Breakfast
Egg & Cheese on a Bun

Lunch

- Santa Fe Salad w/Chicken & Tortilla Chips
- Chicken Filet Sandwich
- or
- Chicken & Peas Penne w/White Sauce & Breadstick
- Seasoned Steak Fries
- Peas
- Choice of Fruit

Tuesday, January 9

Breakfast
Cheese & Sausage Frittata

Lunch

- Santa Fe Salad w/Chicken & Tortilla Chips
- Chicken Filet Sandwich
- or
- Baked Ziti w/Meat Sauce & Breadstick
- Caesar Salad
- Oven Baked Fries
- Choice of Fruit

Wednesday, January 3

Breakfast
Cherry Fudgel

Lunch

- Chicken Caesar Salad
- Pepperoni Calzones w/Dipping Sauce
- or
- Chicken Fajita
- Sour Cream & Salsa
- Green Rice
- Corn
- Choice of Fruit

Wednesday, January 10

Breakfast
Wild Berry Bread

Lunch

- Chicken Caesar Salad & Croutons
- Pizza Sticks w/Dipping Sauce
- or
- BBQ Pork Sliders
- Sautéed Kale
- Bean Salad
- Onion Rings
- Choice of Fruit

Thursday, January 4

Breakfast
Ham & Cheese Tac-Go

Lunch

- Chef Salad w/Breadstick
- Shrimp Poppers w/Holl
- or
- Cheese Quesadilla
- Pinto Beans
- Oven Baked Fries
- Broccoli w/Cheese Sauce
- Salsa
- Choice of Fruit

Thursday, January 11

Breakfast
Sausage Sandwich

Lunch

- Chef Salad w/Breadstick
- Chicken Poppers w/Pretzel Rod
- or
- Salisbury Steak w/Gravy
- Mashed Potatoes
- Honey Glazed Carrots
- Choice of Fruit

Friday, January 5

Breakfast
Bagel w/Cream Cheese or Sun Butter

Lunch

- Tuna Salad on a Bed of Lettuce w/Crackers
- Buffalo Chicken Wrap
- or
- Toasted Cheese Sandwich
- Tomato Soup
- w/Goldfish Crackers
- Oriental Vegetable
- Veggie Egg Roll
- Choice of Fruit

Friday, January 12

Breakfast
Mini Bagels w/Cinnamon Cream Cheese

Lunch

- Tuna Salad on a Bed of Lettuce w/Crackers
- Sweet & Sour Shrimp over Rice
- or
- Chicken Gordon Blu Sandwich
- Broccoli w/Cheese Sauce
- Oven Baked Fries
- Choice of Fruit



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Breakfast
Ham & Cheese Croissant

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filer Sandwich
or
Cheese Ravioli w/Tomato Sauce & Garlic Bread

Wednesday, January 17

Breakfast
Whole Grain Donut

Lunch
Chicken Caesar Salad & Croutons
Mozzarella Sticks w/Marinara & Breadstick
or
Cheeseburger Macaroni

Thursday, January 18

Breakfast
Cheddar Cheese & Egg Wrap

Lunch
Chef Salad w/Breadstick
Chicken Nuggets w/Roll
or
Hot Dog on a Bun

Friday, January 19

Breakfast
Cini Mini

Lunch
Tuna Salad on a Bed of Lettuce w/Crackers
General Taso Chicken over Fried Rice
or
Fish Filet Sandwich w/Jalapenos & Cilantro Sauce

Monday, January 22

Breakfast
Banana Bread

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

Tuesday, January 23

Breakfast
Egg & Cheese on a Bun

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filer Sandwich
or
Spaghetti & Meatballs w/Cheesy Bread

Wednesday, January 24

Breakfast
Cherry Frudel

Lunch
Chicken Caesar Salad & Croutons
Pepperoni Calzone w/Dipping Sauce
or
Chicken Pasta Salad

Thursday, January 25

High School Only No School

Friday, January 26

Breakfast
Bagel w/Cream Cheese or Sun Butter

Lunch
Tuna Salad on a Bed of Lettuce w/Crackers
Kung Pao Shrimp over Rice
or
Toasted Cheese Sandwich

Monday, January 29

Breakfast
Mini Waffles

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

Tuesday, January 30

Breakfast
Cheese & Sausage Frittata

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filer Sandwich
or
Meat Lasagna w/Breadstick

Wednesday, January 31

Breakfast
Wild Berry Bread

Lunch
Chicken Caesar Salad & Croutons
Pizza Sticks w/Dipping Sauce
or
Chicken Pot Pie in a Bread Bowl

Oven Baked Fries
Kale & Garlic
Choice of Fruit

Lemon Parsley Green Beans
Seasoned Steak Fries
Choice of Fruit

Honey Coined Carrots
Oven Baked Fries
Choice of Fruit

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?

A: George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln

SCIENCE
Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- When the stem grows to 6 inches or so, cut it half way back. When the stem has healed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.



Available Daily

Breakfast Items - Served Daily

French (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
- PBL w/Cheese Stick
- Celery Sticks w/Sun Butter
- Specialty Salads
- Pizza
- Chicken Party Sandwich
- Cheeseburger
- Oven Baked Fries
- Cheese, Fruit & Yogurt Plate
- Carrots w/Dip
- Romaine Tossed Salad
- Hummus
- All Breaks, Breakfast & Pasta over Whole Grain
- Milk Choices
- Low Fat White
- Non-Fat Chocolate, Strawberry & White