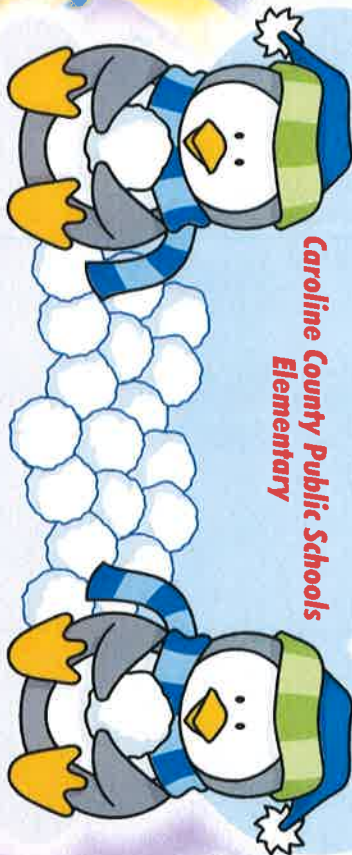


Menus for January 2018

Caroline County Public Schools
Elementary



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
Free \$2.25
Lunch

Get in touch with us today to learn more about
free and reduced-price meals in our district:
410-479-3161



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

TAKE A STAND.

On average, adults
over 45 sit for over
12 of 16 waking
hours. Kids aged
8-18 sit for 4.5 hours a day at school - and
average another 7 hours of total screen time the
rest of the day. Health experts say we should
stand much more at work and school and try not
to sit for more than 30 minutes at a stretch.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, January 8

Breakfast
Mini Waffles

Lunch
Chef Salad w/Breadstick
Cheeseburger on a Bun
or
Shrimp Poppers w/Pretzel Rod

Onion Rings
String Beans
Choice of Fruit

Tuesday, January 9

Breakfast
Cheese & Sausage Frittata

Lunch
Santa Fe Salad w/Chicken
& Tortilla Chips
Golden Chicken Party Sandwich
or
Pulled BBQ Sliders

Broccoli Slaw w/Apples
Oven Baked Fries
Baked Beans
Choice of Fruit

Wednesday, January 10

Breakfast
Zucchini Bread

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

Sour Cream & Salsa
Lettuce & Tomato
Corn
Seasoned Rice
Choice of Fruit

Thursday, January 11

Breakfast
Sausage Sandwich

Lunch
Taco Salad
Chicken Poppers
or
Baked Potato w/Ham & Cheese

Roll
Chili
Sour Cream
Steamed Broccoli
Choice of Fruit

Friday, January 12

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

Tuesday, January 2

Breakfast
Cherry Frudel

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

Roasted Butternut Squash
w/Rosemary
Confetti Fries
Choice of Fruit

Wednesday, January 3

Breakfast
Ham & Cheese Tac-Go

Lunch
Chicken Caesar Salad &
CROUTONS
Pepperoni Calzones
w/Dipping Sauce
or
Chicken Fajita

Sour Cream & Salsa
Cheesy Rice
Corn
Choice of Fruit

Thursday, January 4

Breakfast
Cini Minis

Lunch
Taco Salad
Chicken Tenders w/Roll
or
Hot Turkey Sandwich w/Gravy

Mashed Potatoes
Peas
Choice of Fruit

Friday, January 5

Breakfast
Bagel w/Cream Cheese or
Sun Butter

Lunch
Tuna Salad on a Bed of
Lettuce w/Crackers
Pizza
or
Fish Sandwich

Black Bean Salad
Sweet Potato Wedges
Choice of Fruit



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

Tuesday, January 16

Breakfast
Whole Grain Donut

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

Wednesday, January 17

Breakfast
Cheddar Cheese & Egg Wrap

Lunch
Chicken Caesar Salad & Croutons
Mozzarella Sticks w/Marinara & Breadstick
or
Beef & Cheese Nacho
Sour Cream & Salsa
Pinto Beans
Corn
Choice of Fruit

Thursday, January 18

Breakfast
Wild Berry Bread

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

Friday, January 19

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

Monday, January 22

Breakfast
Banana Bread

Lunch
Chef Salad w/Breadstick
Bacon Cheese Burger on a Bun
or
Chicken & Cheese Quesadilla
Onion Rings
Vegetable Soup
Choice of Fruit

Tuesday, January 23

Breakfast
Cherry Frudel

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Golden Chicken Patty Sandwich
or
Cheese Steak Sub
Sesame Roasted String Beans
Oven Baked Curly Fries
Choice of Fruit

Wednesday, January 24

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, January 25

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, January 26

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, January 29

Breakfast
Mini Waffles

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

Tuesday, January 30

Breakfast
Cheese & Sausage Fritata

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

Wednesday, January 31

Breakfast
Zucchini Bread

Lunch
Chicken Caesar Salad & Croutons
Pizza Sticks w/Dipping Sauce
or
Chicken & Cheese Taquitos
Sour Cream & Salsa
Corn
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!

From the Record! an avocado seed in a glass jar 3 toothpicks

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 sparingly, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

Available Daily

Breakfast Items - Served Daily

Entree
(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

Deli Sandwiches & Wraps
PBL w/Cheese Stick
Cajun Sticks w/Sun Butter
Specialty Salads
Cheese, Fruit & Yogurt Lunchable
Carrots w/Dip
Ramen Tossed Salad
Hummus

All Breads, Breading & Pasta are Whole Grain

Milk Choices
Low Fat White
Non-Fat Chocolate, Strawberry & White