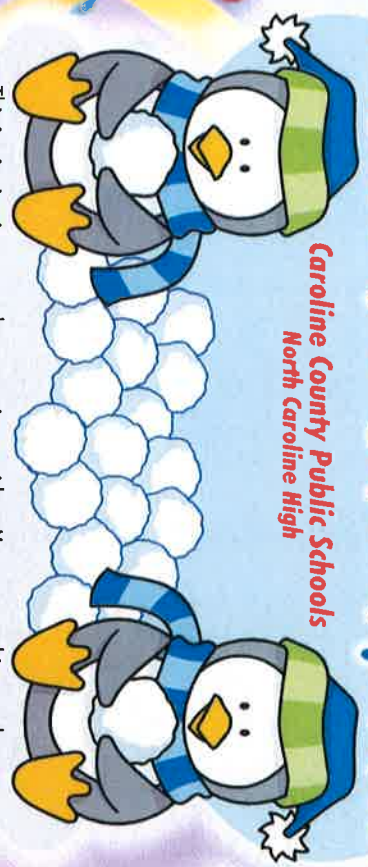


Menus for January 2018

Caroline County Public Schools
North Carolina 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

Breakfast
Mini Waffles

Lunch
Taco Salad
Ham & Cheese Melt
on Pretzel Roll
or
Buffalo Chicken &
Jalapeno Jack Sub

Oven Baked Fries
Roasted Lemon Pepper Broccoli
Choice of Fruit

Middle Line Bar

Monday

Cheese Steak

Tuesday

Nachos

Wednesday

Burrito Bar

Thursday

Baked Potato Bar

Friday

Taco

Tuesday, January 9

Breakfast
Cheese & Sausage Frittata

Lunch
Santa Fe Salad w/Chicken
& Tortilla Chips
Chicken Filer Sandwich
or
Baked Ziti w/Sauce & Breadstick

Caesar Salad
Oven Baked Fries
Choice of Fruit

Tuesday, January 2

Breakfast
Egg & Cheese on a Bun

Lunch
Santa Fe Salad w/Chicken
& Tortilla Chips
Chicken Filer Sandwich
or
Chicken & Peas Penne
w/White Sauce & Breadstick

Seasoned Steak Fries
Peas
Choice of Fruit

Wednesday, January 3

Breakfast
Cherry Fritzel

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 &
Crotons
Pizza Sticks w/Dipping Sauce
or
Chicken Parmesan Sandwich

Oven Baked Fries
Squash Medley
Choice of Fruit

Thursday, January 4

Breakfast
Ham & Cheese Tac-Go

Lunch
Chef Salad w/Breadstick
Shrimp Poppers w/Roll
or
Cheese Quesadilla

Pinto Beans
Oven Baked Fries
Broccoli
Salsa
Choice of Fruit

Thursday, January 11

Breakfast
Sausage Sandwich

Lunch
Chef Salad w/Breadstick
Chicken Poppers w/Pretzel Rod
or
BBQ Pork Sliders

Sautéed Kale
Black Bean Salad
Onion Rings
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 Cordon 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 Filet Sandwich
 or
 Cheese Navioli 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
 Waffled Sweet Potato Fries
 Lemon Pepper Broccoli
 Choice of Fruit

Thursday, January 18

Breakfast
 Cheddar Cheese & Egg Wrap

Lunch

Chef Salad w/Breadstick
 Chicken Nuggets w/Roll
 or
 Hot Dog on a Bun
 or
 Onion Kings
 Baked Beans
 Cole Slaw
 Choice of Fruit

Friday, January 19

Breakfast
 Cini Minis

Lunch

Tuna Salad on a Bed of Lettuce w/Crackers
 General Tso Chicken over Fried Rice
 or
 Fish Filet Sandwich w/Jalapenos & Cilantro Sauce
 Roasted Parmesan Cauliflower
 Oven Baked Fries
 Choice of Fruit

Monday, January 22

Breakfast
 Banana Bread

Lunch

Taco Salad
 Ham & Cheese Melt on Pretzel Roll
 or
 Bacon Cheeseburger on a Bun
 or
 Oven Baked Fries
 Orange Glazed Carrots
 Choice of Fruit

Tuesday, January 23

Breakfast
 Egg & Cheese on a Bun

Lunch

Santa Fe Salad w/Chicken & Tortilla Chips
 Chicken Filet Sandwich
 or
 Spaghetti & Meatballs w/Cheesy Bread
 or
 Sautéed Spinach
 Oven Baked Fries
 Choice of Fruit

Wednesday, January 24

Breakfast
 Cherry Frudel

Lunch

Chicken Caesar Salad & Croutons
 Pepperoni Calzone w/Dipping Sauce
 or
 Chicken Pasta Salad
 or
 Squash Casserole
 Sweet Potato Wedges
 Choice of Fruit

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

Monday, January 29

Breakfast
 Mini Waffles

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

Oven Baked Fries
 Kale & Garlic
 Choice of Fruit

Tuesday, January 30

Breakfast
 Cheese & Sausage Frittata

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

Lemon Parsley Green Beans
 Seasoned Steak Fries
 Choice of Fruit

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

Honey Glazed Carrots
 Conchita 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?

Lincoln
 Jefferson
 Roosevelt
 Washington

SCIENCE

Grow an Avocado Tree!

Now 11 Needs:
 ✓ an avocado seed
 ✓ a glass jar
 ✓ 3 toothpicks

- 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

Entrée
 (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
 Cadey Sticks w/Sun Butter
 Specialty Salads
 Pizza
 Chicken Patty Sandwich
 Cheeseburger
 Oven Baked Fries
 Cheese, Fruit & Yogurt Plate
 Carrots w/Dip
 Romaine Tossed Salad
 Hummus

All Breads, Breading & Pasta are Whole Grain

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