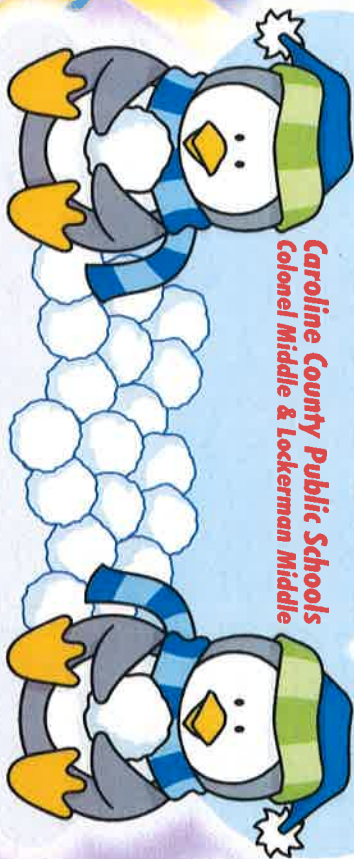


# Menus for January 2018

Caroline County Public Schools  
Colonel Middle & Lockerman Middle



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

2018  
**Make a Resolution  
Save To**

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!*

## 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**  
Cherry Frudel

**Lunch**

Santa Fe Salad w/Chicken  
& Tortilla Chips  
Chicken Fillet Sandwich  
or

Cheese Ravioli w/Tomato Sauce  
& Garlic Bread

Parmesan Roasted Cauliflower  
Oven Baked Fries  
Choice of Fruit

Tuesday, January 9

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**

Santa Fe Salad w/Chicken  
& Tortilla Chips  
Chicken Fillet Sandwich  
or

Baked Ziti w/Sauce & Breadstick

Caesar Salad  
Oven Baked Fries  
Choice of Fruit

Wednesday, January 10

**Breakfast**  
Ham & Cheese Tac-Go

**Lunch**

Chicken Caesar Salad &  
Crotons  
Pepperoni Calzones  
w/Dipping Sauce  
or

Beef Fajita

Sour Cream & Salsa  
Cheesy Rice  
Corn  
Choice of Fruit

Wednesday, January 10

**Breakfast**  
Zucchini Bread

**Lunch**

Chicken Caesar Salad &  
Crotons  
Pizza Sticks w/Dipping Sauce  
or

Taco

Sour Cream & Salsa  
Lettuce & Tomato  
Black Bean Salad  
Seasoned Rice  
Choice of Fruit

Thursday, January 11

**Breakfast**  
Cini Minis

**Lunch**

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

Mashed Potatoes

Peas  
Choice of Fruit

Thursday, January 11

**Breakfast**  
Sausage Sandwich

**Lunch**

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

Roll

Sour Cream  
Chili  
Steamed Broccoli  
Choice of Fruit

Friday, January 12

**Breakfast**  
Bagel w/Cream Cheese or  
Sun Butter

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
Hot Turkey, Bacon  
& Cheddar Croissant  
or  
Fish Sandwich

Lemon Parsley Green Beans  
Seasoned Steak Fries  
Choice of Fruit

Friday, January 12

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

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
Buffalo Pizza  
or  
Baja Fish Taco

Lettuce & Tomato

Sour Cream  
Sweet Potato Waffle Fries  
Roasted Veggies  
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  
Chicken Fillet Sandwich  
or  
Cheese Ravioli w/Tomato Sauce & Garlic Bread  
Roasted Parmesan Cauliflower  
Confetti Fries  
Choice of Fruits

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  
or  
Salisbury Steak w/Gravy  
Roll  
Mashed Potatoes  
Pasta  
Choice of Fruit

Friday, January 19

**Breakfast**  
Mini Pancakes w/Strawberry

**Lunch**

Tuna Salad on a Bed of Lettuce w/Crackers  
Steak & Cheese Wrap  
or  
Chicken Teriyaki over Rice  
Oriental Vegetables  
Egg Roll  
Brown Rice  
Choice of Fruit

Monday, January 22

**Breakfast**  
Banana Bread

**Lunch**

Chef Salad w/Breadstick  
Bacon Cheese Burger on a Bun  
or  
Chicken & Cheese Quesadilla  
String Beans & Carrots  
Onion Rings  
Salsa  
Choice of Fruit

Tuesday, January 23

**Breakfast**  
Cherry Frudel

**Lunch**

Santa Fe Salad w/Chicken & Tortilla Chips  
Chicken Fillet Sandwich  
or  
Spaghetti & Meatballs w/Cheesy Bread  
Squash Casserole  
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  
Buffalo Pizza  
or  
Fish Nuggets w/Roll  
Cauliflower & Broccoli  
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  
Onion Rings  
Roasted Seasoned Broccoli  
Choice of Fruit

Tuesday, January 30

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**  
Santa Fe Salad w/Chicken & Tortilla Chips  
Chicken Fillet Sandwich  
or  
Meat Lasagna w/Breadstick  
Broccoli  
Seasoned Steak 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  
Black Bean Dip w/Tortilla Chips  
Cilantro & Garlic Corn  
Cheesy Rice  
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  
Washington  
Roosevelt

**SCIENCE**

**Grow an Avocado Tree!**

From The National Science Foundation

an avocado seed  
a glass jar  
3 toothpicks

- Place the rinsed seed (faster 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 leaved 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  
Deliery Sticks w/Sun Butter  
Specialty Salads  
Pizza

Chicken Party Sandwich  
Cheeseburger  
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