

Menus for June 2018



**Caroline County
Public Schools
Middle School**

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 Buffalo Pizza or Fish Nuggets w/ Roll
	Cauliflower & Broccoli Sweet Potato Fries Choice of Fruit

Make the healthy, economical choice!

Breakfast **Lunch**

Free	Paid	\$2.50
	Reduced	\$0.40

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 Oven Fried Chicken w/ Roll or Hot Turkey & Cheese on a Croissant
	Sautéed Kale Oven Baked Fries Baked Beans Choice of Fruit

Tuesday, June 5	
Breakfast	Cheese & Sausage Frittata
Lunch	Santa Fe Salad w/ Chicken & Tortilla Chips Chicken Fillet Sandwich or Spaghetti & Meatballs w/ Garlic Bread
	Broccoli Seasoned Fries Choice of Fruit

Wednesday, June 6	
Breakfast	Zucchini Bread
Lunch	Chicken Caesar Salad w/ Croutons Pizza Sticks w/ Dipping Sauce or Tacos
	Sour Cream & Salsa Black Bean Dip w/ Tortilla Chips Corn Cheesy Rice 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 Chicken Gordon Bli Sandwich or Sweet & Sour Broccoli & Beef over Rice
	Oven Baked Fries Coined Carrots Choice of Fruit

Monday, June 11	
Breakfast	Apple Frudel
Lunch	Chef Salad w/ Breadstick Hot Dog on a Bun or Bacon Cheeseburger on a Bun
	Oven Baked Fries Roasted Seasoned Broccoli Baked Beans Choice of Fruit

Tuesday, June 12	
Breakfast	Whole Grain Donut
Lunch	Santa Fe Salad w/ Chicken & Tortilla Chips Chicken Fillet Sandwich or Cheese Pavlovi w/ Tomato Sauce
	Parmesan Roasted Cauliflower Oven Baked Fries Choice of Fruit

Wednesday, June 13	
Breakfast	Cheddar Cheese Egg Wrap
Lunch	Chicken Caesar Salad w/ Croutons Mozzarella Sticks w/ Dipping Sauce or Taco
	Sour Cream & Salsa Lettuce & Tomato Seasoned Rice 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 Steamed Lemon Pepper Broccoli Choice of Fruit

Friday, June 15	
Breakfast	Mini Pancakes w/ Strawberry
Lunch	Tuna Salad on a Bed of Lettuce w/ Crackers Cheesesteak Sub or Hot Ham & Cheddar on a Croissant
	Oven Baked Fries Tossed Salad Choice of Fruit

NUTRITION 101

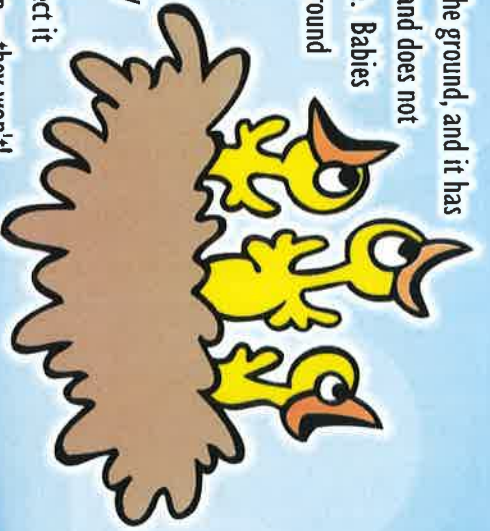
Has your family ever tried 100% whole wheat pasta? It contains a few less calories than regular pasta and up to four times as much fiber. Whole wheat pasta is somewhat darker, a little chewier, and more flavorful than regular pasta. You can find whole wheat spaghetti and other pasta varieties just about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



Monday, June 18 Breakfast Banana Bread Lunch Chef Salad w/Breadstick Chicken Parmesan Sandwich or Managers Choice Oven Baked Fries Steamed Broccoli Choice of Fruit	Tuesday, June 19 Breakfast Cereal Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Fillet Sandwich or Managers Choice Tossed Salad Oven Baked Fries Choice of Fruit
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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

Entrée
 (alternative items may be served i.e.: 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
 Calery Strcks w/Sun Butter
 Specialty Salads
 Piza
 Chicken Patty Sandwich
 Cheeseburger
 Cheese, Fruit & Yogurt Plate
 Carrots w/Dip
 Romano 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!

