

Menus for June 2018

Caroline County
Public Schools
North Caroline High

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 Kung Pao Chicken over Rice or Toasted Cheese Sandwich	Breakfast Mini Bagels w/Cinnamon Cream Cheese
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Friday, June 8	Breakfast Mini Bagels w/Cinnamon Cream Cheese	Lunch Tuna Salad on a Bed of Lettuce w/Crackers Sweet & Sour Beef & Broccoli Stir Fry over Rice or Macaroni & Cheese	Breakfast Wild Berry Bread
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Thursday, June 7	Breakfast Sausage Sandwich	Lunch Chef Salad w/Breadstick Chicken Poppers w/Roll or Pizza Burger	Breakfast Whole Grain Donut
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Wednesday, June 6	Breakfast Wild Berry Bread	Lunch Chicken Caesar Salad Pizza Sticks w/Dipping Sauce or Cheeseburger on a Bun	Breakfast Honey Coined Carrots Oven Baked Fries Choice of Fruit
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Tuesday, June 5	Breakfast Cheese & Sausage Frittata	Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Filet Sandwich or Spaghetti & Meatballs w/Garlic Bread	Breakfast Seasoned Steak Fries Lemon Parsley Green Beans Choice of Fruit
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Monday, June 4	Breakfast Mini Waffles	Lunch Taco Salad Hot Turkey Bacon & Cheddar Croissant or Meatball Parmesan Sub	Breakfast Oven Baked Fries Kale & Garlic Choice of Fruit
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Friday, June 15	Breakfast Cini Minis	Lunch Tuna Salad on a Bed of Lettuce w/Crackers Teriyaki Beef Stir Fry over Rice or Chicken Caesar Wrap	Breakfast Cheddar Cheese & Egg Wrap
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Thursday, June 14	Breakfast Cheddar Cheese & Egg Wrap	Lunch Chef Salad w/Breadstick Chicken Nuggets w/Pretzel Rod or Chicken Taquitos	Breakfast Roasted Butternut Squash w/Rosemary Seasoned Steak Fries Choice of Fruit
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Wednesday, June 13	Breakfast Whole Grain Donut	Lunch Chicken Caesar Salad Mozzarella Sticks w/Dipping Sauce or Fish Haagie	Breakfast Ham & Cheese Croissant
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Tuesday, June 12	Breakfast Ham & Cheese Croissant	Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Filet Sandwich or Cheese Ravioli w/Tomato Sauce & Garlic Bread	Breakfast Apple Fritzel
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Monday, June 11	Breakfast Apple Fritzel	Lunch Taco Salad Bacon Cheeseburger on a Bun or Hot Dog on a Bun	Breakfast Oven Baked Fries Baked Beans Choice of Fruit
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Make the healthy, economical choice!
Breakfast Lunch

Free	Paid	Reduced	\$2.50	\$0.40
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Get in touch with us today to learn more about free and reduced-price meals in our district:
410-479-3261

NUTRITION **FOGO**

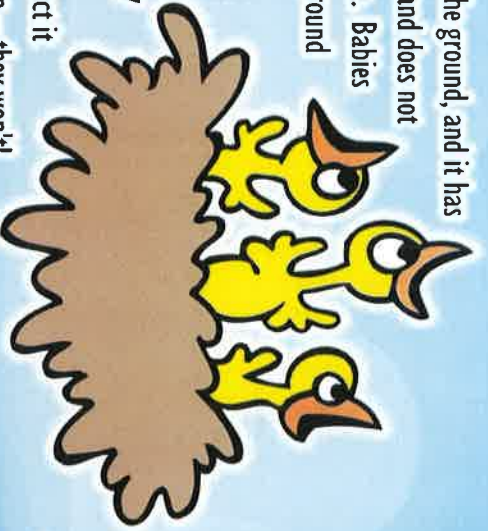
Has your family ever tried 100% whole wheat pasta? It contains a few less calories than regular pasta and up to four times as much fiber. Whole wheat pasta is somewhat darker, a little chewier, and more flavorful than regular pasta. You can find whole wheat spaghetti and other pasta varieties just about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

A QUICK BITE FOR PARENTS

It's good to be the King!



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!



<p>Monday, June 18</p> <p>Breakfast Banana Bread</p> <p>Lunch Taco Salad Hot Turkey, Bacon & Cheddar on Croissant or Managers Choice Choice of Fruit</p>	<p>Tuesday, June 19</p> <p>Breakfast Cereal</p> <p>Lunch Santa Fe Salad w/Chicken & Tortilla Chips Chicken Filet Sandwich or Managers Choice Oven Baked Fries Broccoli Choice of Fruit</p>
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Middle Line Bar

Monday	Cheesesteak
Tuesday	Nachos
Wednesday	Burrito Bar
Thursday	Baked Potato Bar
Friday	Taco

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
Celery 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



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!

