

# MENUS FOR SEPTEMBER 2017

Caroline County Public Schools  
North Caroline High School

This institution is an equal opportunity provider.



**Tuesday, September 5**

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**  
**Santa Fe Chicken Salad**  
Chicken Filet Sandwich  
or  
Baked Ziti w/Meat Sauce & Breadstick

Caesar Salad  
Oven Baked Fries  
Choice of Fruit

**Wed., September 6**

**Breakfast**  
Churro

**Lunch**  
**Chicken Caesar Salad**  
Pizza Sticks  
w/Dipping Sauce  
or  
Chicken Parmesan Sandwich

Confetti Fries  
Squash Medley  
Choice of Fruit

**Thursday, September 7**

**Breakfast**  
Sausage Sandwich

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

Sautéed Kale  
Bean Salad  
Onion Rings  
Choice of Fruit

**Friday, September 8**

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

**Lunch**  
**Tuna Salad on Greens w/Crackers**  
Sweet & Sour Shrimp over Rice  
or  
Chicken Cordon Blu Sandwich

Broccoli w/Cheese Sauce  
Oven Baked Fries  
Choice of Fruit

**Monday, September 11**

**Breakfast**  
Apple Frudel

**Lunch**  
**Taco Salad**  
Hot Turkey, Bacon & Cheddar on Croissant  
or  
Pancake, Sausage & Scrambled Egg

Tater Tots  
Stewed Tomatoes  
Hot Apples  
Choice of Fruit

**Tuesday, September 12**

**Breakfast**  
Ham & Cheese Croissant

**Lunch**  
**Santa Fe Chicken Salad**  
Chicken Filet Sandwich  
or  
Cheese Ravioli w/Tomato Sauce & Garlic Bread

Roasted String Beans  
Seasoned Steak Fries  
Choice of Fruit

**Wed., September 13**

**Breakfast**  
Donut

**Lunch**  
**Chicken Caesar Salad**  
Mozzarella Sticks w/Marinara  
or  
Cheeseburger Macaroni

Waffle Sweet Potato Fries  
Lemon Pepper Broccoli  
Choice of Fruit

**Thursday, September 14**

**Breakfast**  
Cheddar Cheese & Egg Wrap

**Lunch**  
**Chef Salad w/Breadstick**  
Chicken Nuggets w/Roll  
or  
Hot Dog on a Bun

Onion Rings  
Baked Beans  
Cole Slaw  
Choice of Fruit

**Friday, September 15**

**Breakfast**  
Cini Mini

**Lunch**  
**Tuna Salad on Greens w/Crackers**  
General Taos Chicken over Fried Rice  
or  
Fish Filet Sandwich w/ Jalapenos & Cilantro Sauce

Roasted Parmesan Cauliflower  
Oven Baked Fries  
Choice of Fruit



**DON'T GET!**  
To make a lunch, choose at least one

**and 3-5 items total**

- Fruit/Juice
- Grains
- Milk
- Protein
- Vegetable

**Make the healthy, economical choice!**

Breakfast **Free**

Lunch **\$2.50**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
410-479-3261



## AVAILABLE DAILY

### Breakfast Items - Served Daily

Entrée

(alternative items may be served i.e: Pop Tarts,

Cereal Bar & Granola Bar)

Fruit (must be 1/2 cup)

and/or Juice

*Optional-Milk (Choices will vary)*

### Lunch - Options May Vary

Deli Sandwich & Wraps

PBJ w/Cheese Stick

Celery Sticks w/Sun Butter

Specialty Salads

Pizza

Chicken Patty 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



We'll be celebrating our local and regional agricultural bounty during the week of Sept. 25th-29th

Monday, September 18

### Breakfast

Banana Bread

### Lunch

Taco Salad  
Ham & Cheese Melt  
on a Pretzel Roll  
or

Bacon Cheeseburger on a Roll

Oven Baked Fries

Orange Glazed Carrots

Choice of Fruit

Tuesday, September 19

### Breakfast

Egg & Cheese on a Bun

### Lunch

Santa Fe Chicken Salad  
Chicken Filet Sandwich  
or

Spaghetti & Meatballs  
w/Cheesy Bread

Sautéed Spinach

Oven Baked Fries

Choice of Fruit

Wed., September 20

### Breakfast

Cherry Frudel

### Lunch

Chicken Caesar Salad  
Pepperoni Calzones  
w/Dipping Sauce  
or

Chicken Pasta Salad

Squash Casserole

Sweet Potato Wedges

Choice of Fruit

Thursday, September 21

### Breakfast

Ham & Cheese Tac-Go

### Lunch

Chef Salad w/Breadstick  
Shrimp Poppers  
w/Pretzel Rod  
or

Pork Taquitos

Onion Rings

Cilantro & Garlic Corn

Black Bean Dip

w/Tortilla Chips

Oven Baked Fries

Choice of Fruit

Friday, September 22

### Breakfast

Bagel w/Cream Cheese or Sun Butter

### Lunch

Tuna Salad on Greens  
w/Crackers  
Kung Pao Shrimp over Rice  
or

Toasted Cheese Sandwich

Tomato Soup

w/Goldfish Crackers

Steamed Broccoli

Oven Baked Fries

Choice of Fruit

Monday, September 25

### Breakfast

Mini Waffles

### Lunch

Taco Salad  
Bison Burger on a Bun  
or

Local Hot Dog on a Bun

Cantaloupe Soup

Sautéed Kale

Macaroni & Cheese

Baked Beans

Choice of Fruit

Tuesday, September 26

### Breakfast

Cheese & Sausage Frittata

### Lunch

Santa Fe Chicken Salad  
Local Chicken & Cheese  
Sandwich  
or

Spaghetti & Meatballs w/  
Cheesy Bread

Local Squash Casserole

Local Lettuce & Tomato

Local Watermelon

Choice of Fruit

Wed., September 27

### Breakfast

Churro

### Lunch

Chicken Caesar Salad  
Pizza Sticks  
w/Dipping Sauce  
or

Local BBQ Chicken

Local Corn

Watermelon & Mint Soup

Local Roasted Potatoes

Choice of Fruit

Thursday, September 28

### Breakfast

Sausage Sandwich

### Lunch

Taco Salad  
Chicken Nuggets w/Roll  
or

Local Steak & Cheese Wrap

Local Tomato Salad

Oven Baked French Fries

Choice of Fruit

Friday, September 29

### Breakfast

Mini Bagels  
w/ Cinnamon Cream Cheese

### Lunch

Tuna Salad on Greens  
w/Crackers  
Chicken Caesar Wrap  
or

Local Pulled Pork Sliders

Local Sweet Potato

Local Cucumber Salad

Choice of Fruit

Local Cheese Tasting

Local Cheese Tasting

Local Cheese Tasting

Maryland Crab Soup Tasting

Local Cheese Tasting

## NUTRITION 101

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight.

Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day – you might be surprised at the total.

## A QUICK BITE FOR PARENTS