

Menus for December 2017

Caroline County Public Schools
North Caroline High

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

Friday, December 1

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

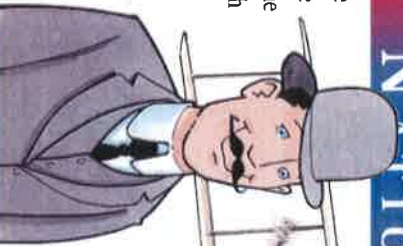
Broccoli w/Cheese Sauce
Oven Baked Fries
Choice of Fruit

Monday, December 4

No School
In-Service

OUR NATION'S HISTORY

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, permanently changing the way people travel. Within 55 years, commercial jets were flying paying customers in the United States.



Orville &
Wilbur
Wright



WITH LIBERTY & JUSTICE FOR ALL

Tuesday, December 5

Breakfast
Ham & Cheese Croissant

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

String Beans
Seasoned Steak Fries
Choice of Fruit

Wednesday, December 6

Breakfast
Whole Grain Donut

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

Waffle Sweet Potato Fries
Lemon Pepper Broccoli
Choice of Fruit

Thursday, December 7

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, December 8

Breakfast
Cini Mini

Lunch
Tuna Salad on a Bed of Lettuce w/Crackers
General Tso's Chicken over Fried Rice
or
Fish Filet Sandwich w/Jalapenos & Cilantro Sauce

Roasted Parmesan Cauliflower
Oven Baked Fries
Choice of Fruit

MIDDLE LINE BAR

Monday **Cheese Steak**

Tuesday **Nachos**

Wednesday **Burrito Bar**

Thursday **Baked Potato Bar**

Friday **Taco**

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

Available Daily

Breakfast Items - Served Daily

Entée

(Alternative items may be served ie:
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
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

Monday, December 11

Breakfast
Banana Bread

Lunch
Taco Salad
Ham & Cheese Melt on
Pretzel Roll

or
Bacon Cheeseburger on a Bun

Oven Baked Fries
Orange Glazed Carrots
Choice of Fruit

Wednesday, December 13

Breakfast
Cherry Fritzel

Lunch
Chicken Caesar Salad
w/Breadstick
Pepperoni Calzones
w/Dipping Sauce

or
Spinach & Chicken Alfredo Pasta
w/Breadstick

Squash Casserole
Sweet Potato Wedges
Choice of fruit

Wednesday, December 20

Breakfast
Wild Berry Bread

Lunch
Chicken Caesar Salad
w/Breadstick
Pizza Sticks w/Dipping Sauce

or
Chicken Pot Pie in a
Bread Bowl

Honey Coined Carrots
Confetti Fries
Choice of Fruit



Serves you right!

This month, let's look at VEGETABLES. MyPlate.gov advises us to eat at least 2-3 cups of veggies a day.

But what exactly makes a cup? Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 12 baby carrots or 2 medium regular carrots
- 1 bell pepper cut into strips
- 7 or 8 cherry tomatoes
- 1 medium potato or half a large sweet potato
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears



Learn more at www.CHOOSEMYPLATE.GOV or <http://kids.heart.org/kidstakey> [heart.org/foodpyramid.html](http://www.heart.org/foodpyramid.html)

Tuesday, December 12

Breakfast
Egg & Cheese on a Bun

Lunch
Santa Fe Salad w/Chicken
& Tortilla Chips
Chicken Filet Sandwich

or
Spaghetti & Meatballs
w/Garlic Bread

Sautéed Spinach
Oven Baked Fries
Choice of Fruit

Thursday, December 14

Breakfast
Ham & Cheese Tac-Go

Lunch
Chef Salad w/Breadstick
Shrimp Poppers w/Pretzel Rod
or
Chicken & Cheese Taquitos

Onion Rings
Corn w/Cilantro & Garlic
Black Beans
Choice of Fruit

Thursday, December 21

Breakfast
Sausage Sandwich

Lunch
Chef Salad w/Breadstick
Chicken Poppers w/Roll
or
Macaroni & Cheese

Broccoli Slaw w/Apples
Baked Beans
Onion Rings
Choice of Fruit

Friday, December 15

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

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

Monday, December 18

Breakfast
Mini Waffles

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

Oven Baked Fries
Kale & Garlic
Choice of Fruit

Tuesday, December 19

Breakfast
Cheese & Sausage Frittata

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

Seasoned Steak Fries
Lemon Parsley Green Beans
Choice of Fruit

Wishing you and your family a
bright and happy Holiday Season!
Caroline County Public Schools
Food Services Department



See You Next Year!
Happy New Year!

Last day of school:
Thursday, December 21

Classes Resume
Tuesday, January 2

