

Caroline County  
Public Schools  
High School

# Menus for January 2019



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



## CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

# WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for  
convenient, economical,  
healthy meals!

Breakfast

Lunch

**Free**

Paid  
Reduced

\$2.50  
\$0.40

Learn more about free and reduced-price meals in our district: 410-479-3261

Wednesday, January 2

**Breakfast**

Whole Grain Donut

**Lunch**

Chicken Caesar Salad  
Pizza Sticks w/Dipping Sauce  
or  
Hot Dog on a Bun

Roasted Lemon Pepper Broccoli  
Seasoned Steak Fries  
Choice of Fruit

Thursday, January 3

**Breakfast**

Cheddar Cheese & Egg Wrap

**Lunch**

Chef Salad w/Breadstick  
Chicken Nuggets w/Pretzel Roll  
or  
Baja Fish Tacos w/Spicy Sauce

Pico de Gallo  
Lettuce  
Roasted Chick Peas  
Onion Rings  
Choice of Fruit

Friday, January 4

**Breakfast**

Cini Minis

**Lunch**

Tuna Salad on Greens  
w/Crackers  
Teriyaki Beef Stir Fry over Rice  
or  
Cheesesteak Wrap

Oriental Vegetables  
Veggie Egg Roll  
Choice of Fruit

## NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

**A QUICK BITE FOR PARENTS**

Monday, January 7

**Breakfast**

Banana Bread

**Lunch**

Taco Salad  
Chicken Parmesan Sandwich  
or  
Pulled BBQ Pork Sliders  
  
Broccoli Slaw w/Apples  
Onion Rings  
Baked Beans  
Choice of Fruit

Tuesday, January 8

**Breakfast**

Cereal

**Lunch**

Santa Fe Chicken Salad  
Chicken Filet Sandwich  
or  
Cheese Ravioli  
w/Tomato Sauce & Garlic Bread  
  
Parmesan Roasted Cauliflower  
Oven Baked Fries  
Choice of Fruit

Wednesday, January 9

**Breakfast**

Cherry Frudel

**Lunch**

Chicken Caesar Salad  
Mozzarella Sticks w/Marinara & Breadstick  
or  
Chicken Taquitos  
  
Sour Cream & Salsa  
Green Rice  
Corn  
Choice of Fruit

Thursday, January 10

**Breakfast**

Chicken Biscuit

**Lunch**

Chef Salad w/Breadstick  
Shrimp Poppers w/Roll  
or  
Cheese Quesadilla  
  
Pinto Beans  
Oven Baked Fries  
Broccoli w/Cheese Sauce  
Salsa  
Choice of Fruit

Friday, January 11

**Breakfast**

Bagel w/Cream Cheese or Sun Butter

**Lunch**

Tuna Salad on Greens  
w/Crackers  
Italian Cheesesteak Sub  
or  
Toasted Cheese Sandwich  
  
Tomato Soup w/Goldfish Crackers  
Cucumber Salad  
Oven Baked Fries  
Choice of Fruit

**OUR 50 STATES**



**DELAWARE**

"The First State"

Admitted to the Union December 7, 1787 as the 1st State  
State Capital: Dover Largest City: Wilmington

Monday, January 14

**Breakfast**  
Mini Waffles

**Lunch**  
Taco Salad  
Hot Turkey, Bacon & Cheddar  
on Croissant  
or  
Italian Chicken w/Breadstick

Roasted Herb Potatoes  
Sautéed String Beans &  
Tomatoes  
Choice of Fruit

Tuesday, January 15

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**  
Santa Fe Chicken Salad  
Chicken Filet Sandwich  
or  
Chicken & Peas Penne  
w/White Sauce & Breadstick

Seasoned Steak Fries  
Peas  
Choice of Fruit

Wednesday, January 16

**Breakfast**  
Wild Berry Bread

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

Sautéed Kale  
Bean Salad  
Onion Rings  
Choice of Fruit

Thursday, January 17

**Breakfast**  
Sausage Sandwich

**Lunch**  
Chef Salad w/Breadstick  
Shrimp Poppers w/Roll  
or  
Cheese Quesadilla

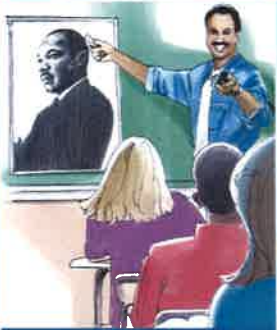
Pinto Beans  
Oven Baked Fries  
Broccoli w/Cheese Sauce  
Salsa  
Choice of Fruit

Friday, January 18

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

**Lunch**  
Tuna Salad on Greens  
w/Crackers  
Buffalo Pizza  
or  
Meatball Parmesan Sub

Oven Baked Fries  
Garlic Carrots  
Choice of Fruit



**School will be closed  
Monday, January 21  
in recognition of  
Martin Luther King, Jr.'s  
birthday.**

Tuesday, January 22

**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

Wednesday, January 23

**Breakfast**  
Whole Grain Donut

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

Waffled Sweet Potato Fries  
Lemon Pepper Broccoli  
Choice of Fruit

Thursday, January 24

**Breakfast**  
Cheddar Cheese & Egg Wrap

**Lunch**  
Chef Salad w/Breadstick  
Oven Baked Chicken Legs  
w/Roll  
or  
Hot Dog on a Bun

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

Friday, January 25

**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

## Available Daily

**Breakfast Items - Served Daily**  
Entrée

(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  
PB&J w/Cheese Stick  
Celery Sticks w/Sun Butter  
Specialty Salads  
Pizza

Chicken Patty Sandwich  
Cheeseburger  
Spicy Chicken Patty Sandwich  
Chicken Poppers  
Buffalo Chicken Sub  
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, January 28

**Breakfast**  
Banana Bread

**Lunch**  
Chef Salad w/Breadstick  
Ham & Cheese Melt on  
Pretzel Roll  
or  
Queso & Buffalo Chicken Nachos

Orange Glazed Carrots  
Roasted Potatoes  
Vegetable Soup  
Choice of Fruit

Tuesday, January 29

**Breakfast**  
Cereal

**Lunch**  
Santa Fe Salad w/Chicken &  
Tortilla Chips  
Chicken Filet Sandwich  
or  
Baked Rotini  
w/Cheesy Bread

Garlic Green Beans  
Oven Baked Curly Fries  
Choice of Fruit

Wednesday, January 30

**Breakfast**  
Cherry Frudel

**Lunch**  
Chicken Caesar Salad &  
Croutons  
Pizza Sticks w/Dipping Sauce  
or  
Meatloaf w/Gravy & Roll

Mashed Potatoes  
Peas  
Choice of Fruit

Thursday, January 31

**Breakfast**  
Chicken Biscuit

**Lunch**  
Taco Salad  
Shrimp Poppers w/Pretzel Rod  
or  
Chicken Taquitos

Onion Rings  
Cilantro & Garlic Corn  
Black Bean Dip w/Tortilla Chips  
Oven Baked Fries  
Choice of Fruit

## Middle Line Bar

**Monday**

**Macaroni & Cheese Bar**

**Tuesday**

**Nachos**

**Wednesday**

**Italian Sub**

**Thursday**

**Baked Potato Bar**

**Friday**

**Taco**