

Caroline County  
Public Schools  
Middle School

Menus for  
January  
2019



# 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

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!**

Wednesday, January 2

**Breakfast**

Sausage Sandwich

**Lunch**

Chicken Caesar Salad & Croutons  
Mozzarella Sticks w/Marinara Sauce & Breadstick  
or  
Hot Dog on a Bun

Oven Baked Fries  
Steamed Broccoli  
Baked Beans  
Choice of Fruit

Thursday, January 3

**Breakfast**

Wild Berry Bread

**Lunch**

Taco Salad  
Chicken Nuggets w/Pretzel Rod  
or  
Meatball Parmesan Sub

Oven Baked Curly Fries  
String Beans  
Chicken Noodle Soup  
Choice of Fruit

Friday, January 4

**Breakfast**

Mini Maple Pancakes

**Lunch**

Tuna Salad on a Bed of Lettuce w/Crackers  
Buffalo Pizza  
or  
Tacos

Rice  
Sour Cream & Salsa  
Lettuce & Tomato  
Black Bean Dip w/Chips  
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**

Chef Salad w/Breadstick  
Chicken Parmesan Sandwich  
or  
Pulled BBQ Pork Sliders

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

Tuesday, January 8

**Breakfast**

Cherry Frudel

**Lunch**

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

Parmesan Roasted Cauliflower  
Oven Baked Fries  
Choice of Fruit

Wednesday, January 9

**Breakfast**

Chicken Biscuit

**Lunch**

Chicken Caesar Salad & Croutons  
Pizza Sticks w/Dipping Sauce  
or  
Chicken Taquitos

Sour Cream & Salsa  
Cheesy Rice  
Corn  
Choice of Fruit

Thursday, January 10

**Breakfast**

Cini Minis

**Lunch**

Taco Salad  
Chicken Tenders w/Roll  
or  
Hot Turkey Sandwich w/Gravy

Mashed Potatoes  
Peas  
Choice of Fruit

Friday, January 11

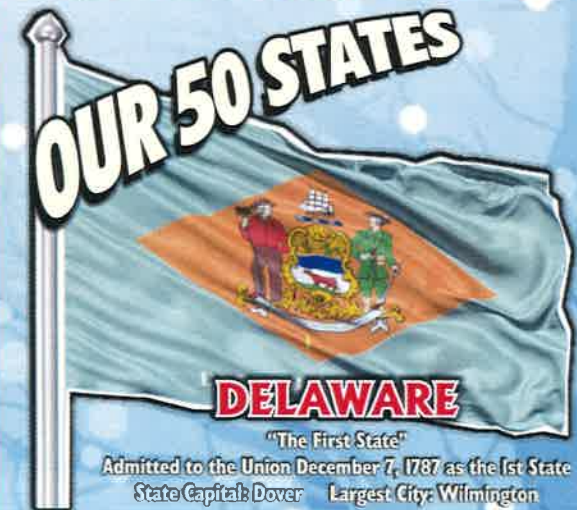
**Breakfast**

Bagel w/Cream Cheese or Sun Butter

**Lunch**

Tuna Salad on a Bed of Lettuce w/Crackers  
French Bread Pizza  
or  
Fish Sandwich

Lemon Parsley Green Beans  
Seasoned Steak Fries  
Choice of Fruit



"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**

Chef Salad w/Breadstick  
Cheeseburger on a Bun  
or  
Shrimp Poppers w/Pretzel Rod

Onion Rings  
String Beans  
Choice of Fruit

Tuesday, January 15

**Breakfast**

Cereal

**Lunch**

Santa Fe Salad w/Chicken &  
Tortilla Chips  
Chicken Filet Sandwich  
or  
Baked Rotini w/Breadstick

Broccoli  
Oven Baked Fries  
Baked Beans  
Choice of Fruit

Wednesday, January 16

**Breakfast**

Zucchini Bread

**Lunch**

Chicken Caesar Salad &  
Croutons  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Tacos

Sour Cream & Salsa  
Lettuce & Tomato  
Corn  
Seasoned Rice  
Choice of Fruit

Thursday, January 17

**Breakfast**

Sausage Sandwich

**Lunch**

Taco Salad  
Chicken Poppers w/Roll  
or  
Baked Potato w/Ham & Cheese

Chili  
Steamed Broccoli  
Choice of Fruit

Friday, January 18

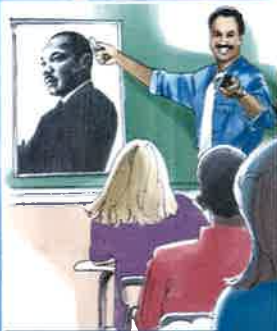
**Breakfast**

Mini Bagels  
w/Cinnamon Cream Cheese

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
Buffalo Pizza  
or  
Baja Fish Soft Tacos

Lettuce & Tomato  
Sour Cream  
Sweet Potato Waffle Fries  
Roasted Veggies  
Choice of Fruit



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

Tuesday, January 22

**Breakfast**

Whole Grain Donut

**Lunch**

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

Roasted Parmesan Cauliflower  
Confetti Fries  
Choice of Fruit

Wednesday, January 23

**Breakfast**

Sausage Sandwich

**Lunch**

Chicken Caesar Salad &  
Croutons  
Pizza Sticks w/Dipping Sauce  
or  
Beef & Cheese Nachos

Sour Cream & Salsa  
Pinto Beans  
Corn  
Green Rice  
Choice of Fruit

Thursday, January 24

**Breakfast**

Wild Berry Bread

**Lunch**

Taco Salad  
Oven Baked Chicken Legs  
w/Roll  
or  
Meatloaf w/Gravy & Roll

Mashed Potatoes  
Peas  
Choice of Fruit

Friday, January 25

**Breakfast**

Mini Maple Pancakes

**Lunch**

Tuna Salad on a Bed of  
Lettuce w/Crackers  
Steak & Cheese Wrap  
or  
Chicken Teriyaki over Rice

Oriental Vegetables  
Egg Roll  
Brown Rice  
Choice of Fruit

Monday, January 28

**Breakfast**

Banana Bread

**Lunch**

Chef Salad w/Breadstick  
Oven Fried Chicken w/Roll  
or  
Tony's Round Pizza

Broccoli  
Onion Rings  
Vegetable Soup  
Choice of Fruit

Tuesday, January 29

**Breakfast**

Cherry Frudel

**Lunch**

Santa Fe Salad w/Chicken &  
Tortilla Chips  
Chicken Filet Sandwich  
or  
Spaghetti & Meatballs  
w/Cheesy Bread

Squash Casserole  
Oven Baked Curly Fries  
Choice of Fruit

Wednesday, January 30

**Breakfast**

Chicken Biscuit

**Lunch**

Chicken Caesar Salad &  
Croutons  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Tacos

Sour Cream & Salsa  
Lettuce & Tomato  
Refried Beans  
Spanish Rice  
Choice of Fruit

Thursday, January 31

**Breakfast**

Cini Minis

**Lunch**

Taco Salad  
Chicken Poppers w/Pretzel Rod  
or  
Toasted Cheese Sandwich

Tomato Soup  
w/Goldfish Crackers  
Roasted Broccoli  
Choice of Fruit

# Available Daily

**Breakfast Items - Served Daily**  
Entrée

(alternative items may be served ie:  
Pop Tart, Cereal Bar, Granola Bar & Cereal)  
Fruit (must be 1/2 cup)  
and/or Juice

**Optional—Milk (choices will vary)**

**Lunch - Options May Vary**

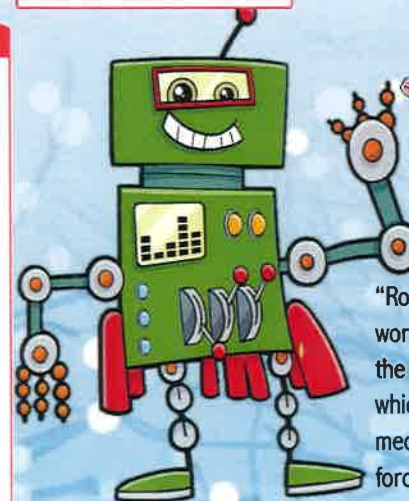
Deli Sandwiches & Wraps  
PBJ w/Cheese Stick  
Celery Sticks w/Sun Butter  
Specialty Salads  
Pizza

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



# ROBOT

"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!

Word play