

# Menus for February 2019

Caroline County  
Public Schools  
Elementary



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

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!



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

Friday, February 1

No School  
In-service

### YEAR OF THE PIG



The original value meal  
& still a fantastic deal!

**Breakfast**      **Lunch**

**Free**

**Paid  
Reduced**

**\$2.25  
\$0.40**

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

410.479.3261

Monday, February 4

**Breakfast**  
Mini Waffles

**Lunch**  
Chef Salad w/Breadstick  
Oven Fried Chicken w/Roll  
or  
Pizza Burger on a Bun

Sautéed Kale  
Macaroni & Cheese  
Baked Beans  
Choice of Fruit

Tuesday, February 5

**Breakfast**  
Cereal

**Lunch**  
Santa Fe Salad w/Chicken  
& Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Spaghetti & Meatballs  
w/Cheesy Bread

Caesar Salad  
Confetti Fries  
Choice of Fruit

Wednesday, February 6

**Breakfast**  
Zucchini Bread

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

Sour Cream & Salsa  
Corn  
Choice of Fruit

Thursday, February 7

**Breakfast**  
Sausage Sandwich

**Lunch**  
Taco Salad  
Chicken Nuggets w/Roll  
or  
Steak & Cheese Wrap

String Beans & Tomato  
Curly Fries  
Choice of Fruit

Friday, February 8

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

**Lunch**  
Tuna Salad on a Bed of  
Lettuce w/Crackers  
French Bread Pizza  
or  
Meatloaf w/Gravy & Roll

Mashed Potatoes  
Peas  
Choice of Fruit

Monday, February 11

**Breakfast**  
Apple Frudel

**Lunch**  
Chef Salad w/Breadstick  
Cheeseburger on a Bun  
or  
Chicken Cordon Blu Sandwich

Oven Baked Fries  
Steamed Spinach  
Choice of Fruit

Tuesday, February 12

**Breakfast**  
Whole Grain Apple Donut

**Lunch**  
Santa Fe Salad w/Chicken  
& Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Baked Rotini w/Breadstick

Honey Glazed Carrot Coins  
Confetti Fries  
Choice of Fruit

Wednesday, February 13

**Breakfast**  
Cheddar Cheese & Egg Wrap

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

Steak Fries  
Broccoli w/Cheese Sauce  
Baked Beans  
Choice of Fruit

Thursday, February 14

**Breakfast**  
Muffin

**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, February 15

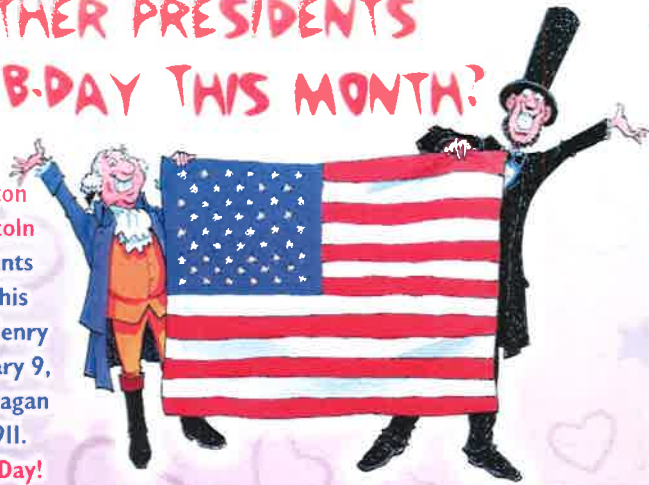
**Breakfast**  
Maple Mini Pancakes

**Lunch**  
Tuna Salad on a Bed of  
Lettuce w/Crackers  
Pizza  
or  
Cheesesteak Wrap

Sweet Potato Puffs  
Broccoli & Cauliflower Medley  
Choice of Fruit

# WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.  
**Happy Presidents Day!**



## NUTRITION TO GO

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

## A QUICK BITE FOR PARENTS

Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

### Breakfast

Cherry Frudel

### Lunch

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

Roasted Butternut Squash w/Rosemary  
Oven Baked Fries  
Choice of Fruit

Wednesday, February 20

### Breakfast

Whole Grain Apple Donut

### Lunch

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

Sour Cream & Salsa  
Cheesy Rice  
Corn  
Choice of Fruit

Thursday, February 21

### Breakfast

Cini Minis

### Lunch

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

Mashed Potatoes  
Peas  
Choice of Fruit

Friday, February 22

### Breakfast

Bagel w/Cream Cheese or Sun Butter

### Lunch

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

Steamed Broccoli  
Sweet Potato Wedges  
Choice of Fruit

## Available Daily

### Breakfast Items - Served Daily

Entrée  
alternative items may be served ie: Pop Tart, Cereal Bar Cereal & 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  
Cheese, Fruit & Yogurt Lunchable  
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, February 25

### Breakfast

Mini Waffles

### Lunch

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

Onion Rings  
String Beans  
Choice of Fruit

Tuesday, February 26

### Breakfast

Cheese & Sausage Frittata

### Lunch

Santa Fe Salad w/Chicken & Tortilla Chips  
Golden Chicken Patty Sandwich or Meatloaf Sandwich

Broccoli Slaw w/Apples  
Oven Baked Fries  
Baked Beans  
Choice of Fruit

Wednesday, February 27

### 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, February 28

### Breakfast

Sausage Sandwich

### Lunch

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

Chili  
Steamed Broccoli  
Choice of Fruit

## STRANGE

**BUT TRUE!**

**DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!**

