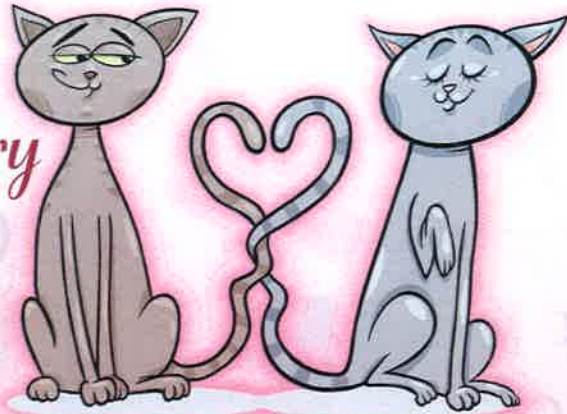


# Menus for February 2019

Caroline County Public Schools High School



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 Chinese New Year begins with the new moon on February 5. 2019 is the Year of the Pig.

Monday, February 4

#### Breakfast

Mini Waffles

#### Lunch

Taco Salad  
Hot Turkey Bacon & Cheddar on Croissant  
or  
Swedish Meatballs over Egg Noodles

Oven Baked Fries  
Kale & Garlic  
Choice of Fruit

Tuesday, February 5

#### Breakfast

Cheese & Sausage Frittata

#### Lunch

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

Lemon Parsley Green Beans  
Seasoned Steak Fries  
Choice of Fruit

Wednesday, February 6

#### Breakfast

Wild Berry Bread

#### Lunch

Chicken Caesar Salad  
Mozzarella Sticks w/Marinara & Breadstick  
or  
Chicken Pot Pie in a Bread Bowl

Honey Coined Carrots  
Confetti Fries  
Choice of Fruit

Thursday, February 7

#### Breakfast

Sausage Sandwich

#### Lunch

Chef Salad w/Breadstick  
Chicken Nuggets w/Roll  
or  
Steak & Cheese Wrap

String Beans & Tomato Sauté  
Curly Fries  
Choice of Fruit

Friday, February 8

#### Breakfast

Mini Bagels  
w/Cinnamon Cream Cheese

#### Lunch

Tuna Salad on Greens  
w/Crackers  
French Bread Pizza  
or  
Meatloaf w/Gravy & Roll

Mashed Potatoes  
Peas  
Choice of Fruit

The original value meal & still a fantastic deal!

**Breakfast Lunch**

**Free**

**Paid Reduced**

**\$2.50 \$0.40**

Monday, February 11

#### Breakfast

Apple Frudel

#### Lunch

Taco Salad  
Ham & Cheese Melt on a Pretzel Roll  
or  
Buffalo Chicken & Queso Nachos

Baked Sweet Potatoes & Apples  
Tater Tots  
Choice of Fruit

Tuesday, February 12

#### Breakfast

Ham & Cheese Croissant

#### 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, February 13

#### Breakfast

Whole Grain Apple 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, February 14

#### Breakfast

Cheddar Cheese & Egg Wrap

#### Lunch

Chef Salad w/Breadstick  
Chicken Nuggets w/Pretzel Rod  
or  
Baja Fish Tacos

Pico de Gallo  
Lettuce  
Cilantro Corn  
Onion Rings  
Choice of Fruit

Friday, February 15

#### Breakfast

Cini Mini

#### Lunch

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

Oriental Vegetables  
Veggie Egg Roll  
Choice of Fruit

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

410.479.3261

# 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!



*Middle Line Bar*

<b>Monday</b>	<b>Macaroni &amp; Cheese Bar</b>
<b>Tuesday</b>	<b>Nachos</b>
<b>Wednesday</b>	<b>Chicken Fajita</b>
<b>Thursday</b>	<b>Baked Potato Bar</b>
<b>Friday</b>	<b>Taco</b>

## 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  
Pizza  
Chicken Patty Sandwich  
Spicy Chicken Patty Sandwich  
Cheeseburger  
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, February 18**

**PRESIDENTS DAY**

**NO SCHOOL TODAY**

**Tuesday, February 19**

**Breakfast**  
Cereal

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

Peas  
Oven Baked Fries  
Choice of Fruit

**Wednesday, February 20**

**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, February 21**

**Breakfast**  
Chicken Biscuit

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

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

**Friday, February 22**

**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

**Monday, February 25**

**Breakfast**  
Mini Waffles

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

Roasted Herb Potatoes  
Sautéed String Beans & Tomatoes  
Choice of Fruit

**Tuesday, February 26**

**Breakfast**  
Cheese & Sausage Frittata

**Lunch**  
Santa Fe Chicken Salad  
Chicken Filet Sandwich  
or  
Baked Rotini w/Breadstick

Broccoli  
Oven Baked Fries  
Choice of Fruit

**Wednesday, February 27**

**Breakfast**  
Muffin

**Lunch**  
Chicken Caesar Salad  
Mozzarella Sticks  
w/Marinara Sauce & Breadstick  
or  
Meatloaf Sandwich

Mashed Potatoes  
Peas  
Choice of Fruit

**Thursday, February 28**

**Breakfast**  
Sausage Sandwich

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

Sautéed Kale  
Baked Beans  
Onion Rings  
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!**