

Menus for February 2019

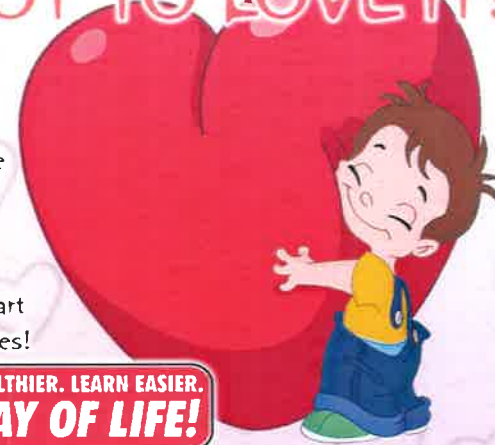
Caroline County Public Schools Middle School



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

猪

2019

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
Chef Salad w/Breadstick
Oven Fried Chicken w/Roll
or
Bacon Cheeseburger on a Bun

Sautéed Kale
Macaroni & Cheese
Choice of Fruit

Tuesday, February 5

Breakfast
Cereal

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, February 6

Breakfast
Zucchini Bread

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

Sour Cream & Salsa
Pinto Beans
Corn
Choice of Fruit

Thursday, February 7

Breakfast
Sausage Sandwich

Lunch
Taco Salad
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 a Bed of Lettuce w/Crackers
French Bread Pizza
or
BBQ Chicken w/Roll

Oven Baked Fries
California Blend
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
Chef Salad w/Breadstick
Cheeseburger on a Bun
or
Buffalo Chicken Sub w/Cheese

Onion Rings
Roasted Season Broccoli
Choice of Fruit

Tuesday, February 12

Breakfast
Whole Grain Apple Donut

Lunch
Santa Fe Salad w/Chicken & Tortilla Chips
Chicken Filet Sandwich
or
Spaghetti w/Meat Sauce & 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

Oven Baked Fries
Steamed Broccoli
Baked Beans
Choice of Fruit

Thursday, February 14

Breakfast
Wild Berry Bread

Lunch
Taco Salad
Chicken Poppers 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
Buffalo Pizza
or
Tacos

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



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
Chicken Filet Sandwich
or
Cheese Ravioli
w/Tomato Sauce & Garlic Bread

Caesar Salad
Oven Baked Fries
Choice of Fruit

Wednesday, February 20

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, February 21

Breakfast

Cini Minis

Lunch

Taco Salad
Chicken Tenders w/Roll
or
Meatloaf w/Gravy & Roll

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

Lemon Parsley Green Beans
Seasoned Steak Fries
Choice of Fruit

Monday, February 25

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, February 26

Breakfast

Cheese & Sausage Frittata

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, February 27

Breakfast

Muffin

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

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
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

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!**

