

# Menus for March 2019

Caroline County Public Schools - Elementary

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

## The original value meal & still a fantastic deal!

**Breakfast**      **Lunch**

# Free

Adult \$25  
Reduced \$10

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**410-479-3261**

Like to read?



Don't keep it under your hat!

March 1 is 'Read Across America' Day in honor of Dr. Seuss's Birthday (March 2)

Friday, March 1

**Breakfast**

Mini Bagels  
w/Cinnamon Cream Cheese

**Lunch**

Tuna Salad on a Bed of Lettuce w/Crackers  
French Bread Pizza  
or  
Green Eggs & Ham

Hash Browns  
Stewed Tomatoes  
Hot Apples  
Choice of Fruit

Monday, March 4

**Breakfast**

Apple Frudel

**Lunch**

Chef Salad w/Breadstick  
Chicken Teriyaki over Rice  
or  
Ham & Cheese Melt on Pretzel Roll

Oriental Vegetables  
Egg Roll  
Rice  
Choice of Fruit

Tuesday, March 5

**Breakfast**

Sausage Sandwich

**Lunch**

Santa Fe Salad w/Chicken & Tortilla Chips  
Golden Chicken Patty Sandwich  
or  
Baked Rotini w/Garlic Bread

Caesar Salad  
Confetti Fries  
Choice of Fruit

Wednesday, March 6

**Breakfast**

Cheddar Cheese Egg Wrap

**Lunch**

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

Sour Cream & Salsa  
Pinto Beans  
Corn  
Choice of Fruit

Thursday, March 7

**Breakfast**

Apple Donut

**Lunch**

Taco Salad  
Oven Baked Chicken Legs w/Roll  
or  
Hot Turkey, Cheese & Bacon on a Croissant

Oven Baked Fries  
Broccoli w/Cheese Sauce  
Choice of Fruit

Friday, March 8

**Breakfast**

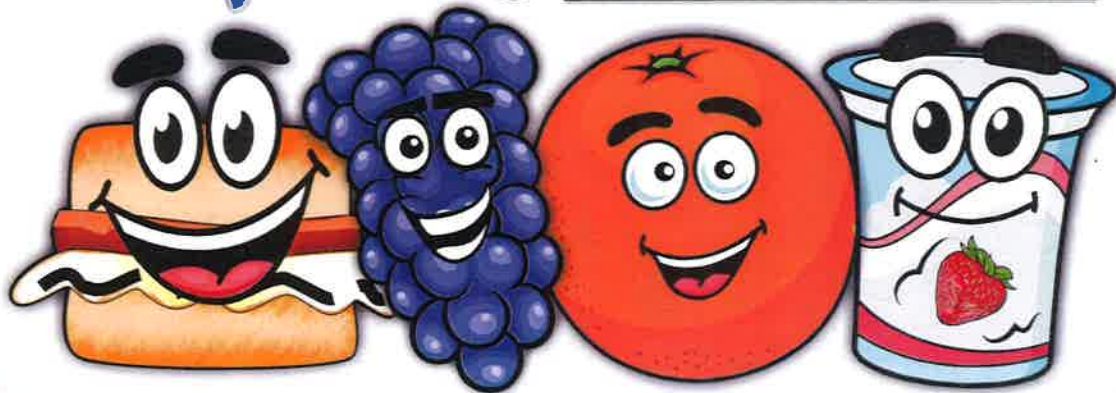
Maple Mini Pancakes

**Lunch**

Tuna Salad on a Bed of Lettuce w/Crackers  
Pizza  
or  
Baja Fish Sticks

Sautéed Kale  
Oven Baked Fries  
Choice of Fruit

come join us for **Breakfast@School**



On Wed., March 6 at 9:15, our school will **Hear the Maryland Crunch!**

- Hear the Maryland Crunch! is a huge apple crunching event that is happening all across the state.
- Held on Maryland Day, Hear the Maryland Crunch! celebrates the successful School Breakfast Programs.
- Hear the Maryland Crunch! aims to reduce childhood hunger by making sure that all students have access to school breakfast.
- Research shows that children who eat a nutritious breakfast at school are:
  - Less likely to experience food insecurity.
  - Are better able to learn.
  - Exhibit better behavior at school.
  - Consume a healthier overall diet.
  - Demonstrate improved academic performance
  - Are less likely to be late to or absent from school.

Spring Forward



Sunday, March 10



# 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, March 11**

**Breakfast**

Banana Bread

**Lunch**

Chef Salad w/Breadstick  
 Bacon Cheeseburger on a Bun  
 or  
 Chicken & Cheese Quesadilla

Onion Rings  
 Steamed Broccoli  
 Vegetable Soup  
 Choice Fruit

**Tuesday, March 12**

**Breakfast**

Apple Frudel

**Lunch**

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

Roasted Parmesan Cauliflower  
 Oven Baked Curly Fries  
 Choice of Fruit

**Wednesday, March 13**

**Breakfast**

Chicken Biscuit

**Lunch**

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

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

**Thursday, March 14**

**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

**Friday, March 15**

**Breakfast**

Bagel w/Cream Cheese or  
 Sun Butter

**Lunch**

Tuna Salad on a Bed of  
 Lettuce w/Crackers  
 Pizza  
 or  
 Baked Chicken Leg w/Roll

Roasted Veggies  
 Waffled Sweet Potato Fries  
 Choice of Fruit

**Monday, March 18**

**Breakfast**

Mini Waffles

**Lunch**

Chef Salad w/Breadstick  
 BBQ Pork Sliders  
 or  
 Hot Dog on a Bun

Sautéed Kale  
 Macaroni & Cheese  
 Baked Beans  
 Choice of Fruit

**Tuesday, March 19**

**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, March 20**

**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, March 21**

**Breakfast**

Muffin

**Lunch**

Taco Salad  
 Chicken Nuggets w/Roll  
 or  
 Cheese Steak Sub

String Beans & Tomato Sauté  
 Oven Baked Fries  
 Choice of Fruit

**Friday, March 22**

**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, March 25**

**Breakfast**

Cherry Frudel

**Lunch**

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

Oven Baked Fries  
 Steamed Spinach  
 Choice of Fruit

**Tuesday, March 26**

**Breakfast**

Sausage Sandwich

**Lunch**

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

Honey Glazed Carrots Coins  
 Confetti Fries  
 Choice of Fruit

**Wednesday, March 27**

**Breakfast**

Cheddar Cheese & Egg Wrap

**Lunch**

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

Sour Cream & Salsa  
 Lettuce & Tomato  
 Black Bean Dip w/Chips  
 Choice of Fruit

**Thursday, March 28**

**Breakfast**

Muffin

**Lunch**

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

Oven Baked Curly Fries  
 Chicken Noodle Soup  
 Choice of Fruit

**Friday, March 29**

**Breakfast**

Maple Mini Pancakes

**Lunch**

Tuna Salad on a Bed of  
 Lettuce w/Crackers  
 Pizza  
 or  
 Steak & Cheese Wrap

Sweet Potato Puffs  
 Broccoli & Cauliflower Medley  
 Choice of Fruit

# MANY MOONS

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.