



Caroline County Public Schools - High

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

The original value meal & still a fantastic deal!

Breakfast Lunch

Free

Publ \$2.50
Publ \$3.00

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

Friday, March 1

Breakfast

Mini Bagels
w/Cinnamon Cream Cheese

Lunch

Tuna Salad on Greens
w/Crackers
Sweet & Sour Shrimp over Rice
or
Meatball Parmesan Sub

Oven Baked Fries
Garlic Carrots
Choice of Fruit

SCHOO! BREAKFAST

START YOUR ENGINES!

Kids! Join us March 4-8 for National School Breakfast Week 2019

Monday, March 4

Breakfast

Apple Frudel

Lunch

Taco Salad
Hot Turkey, Bacon & Cheddar on
Croissant
or
Pancake, Sausage &
Scrambled Egg

Tater Tots
Stewed Tomatoes
Hot Apples
Choice of Fruit

Tuesday, March 5

Breakfast

Ham & Cheese Croissant

Lunch

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

Roasted String Beans
Seasoned Steak Fries
Choice of Fruit

Wednesday, March 6

Breakfast

Cereal

Lunch

Chicken Caesar Salad
Mozzarella Sticks
w/Marinara Sauce & Breadstick
or
Cheeseburger Macaroni

Waffled Sweet Potato Fries
Lemon Pepper Broccoli
Choice of Fruit

Thursday, March 7

Breakfast

Cheddar Cheese & Egg Wrap

Lunch

Chef Salad w/Breadstick
Oven Baked Chicken Legs
w/Roll
or
Hot Dog on a Bun

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

Friday, March 8

Breakfast

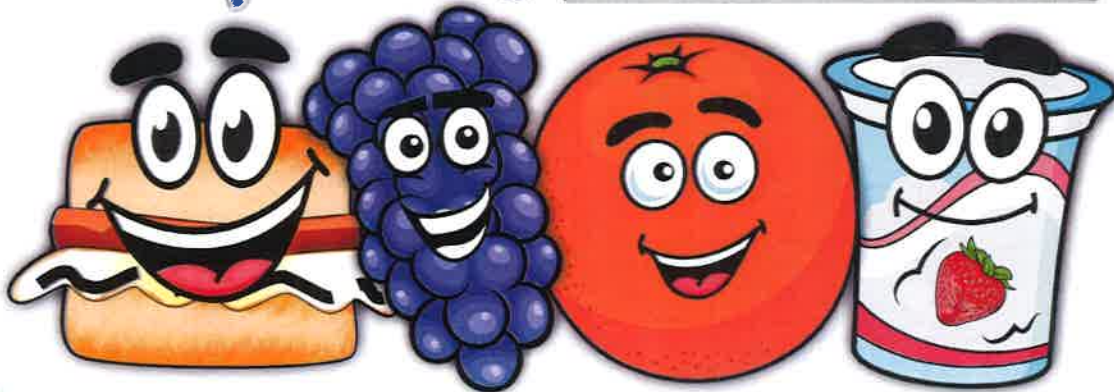
Cini Minis

Lunch

Tuna Salad on Greens
w/Crackers
General Taos Chicken over
Fried Rice
or
Fish Filet Sandwich w/Jalapenos
& Cilantro Sauce

Roasted Parmesan Cauliflower
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
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

Monday, March 11

Breakfast

Banana Bread

Lunch

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

Oven Baked Fries
 Orange Glazed Carrots
 Choice Fruit

Tuesday, March 12

Breakfast

Cereal

Lunch

Santa Fe Chicken Salad
 Chicken Filet Sandwich
 or
 Chicken & Broccoli
 w/White Cheese Sauce

Steamed Broccoli
 Sweet Potato Wedges
 Choice of Fruit

Wednesday, March 13

Breakfast

Chicken Biscuit

Lunch

Chicken Caesar Salad
 Pizza Sticks w/Dipping Sauce
 or
 Meatloaf w/Gravy & Roll

Mashed Potatoes
 Peas
 Choice of Fruit

Thursday, March 14

Breakfast

Apple Donut

Lunch

Chef Salad w/Breadstick
 Shrimp Poppers w/Pretzel Rod
 or
 Chicken Taquitos

Onion Rings
 Cilantro & Garlic Corn
 Black Bean Dip w/Tortilla Chips
 Oven Baked Fries
 Choice of Fruit

Friday, March 15

Breakfast

Bagel w/Cream Cheese or
 Sun Butter

Lunch

Tuna Salad on Greens
 w/Crackers
 Kung Pao Shrimp over Rice
 or
 Toasted Cheese Sandwich

Tomato Soup w/Goldfish Crackers
 Steamed Broccoli
 Oven Baked Fries
 Choice of Fruit

Monday, March 18

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, March 19

Breakfast

Cheese & Sausage Frittata

Lunch

Santa Fe Chicken Salad
 Chicken Filet Sandwich
 or
 Baked Rotini w/Bread Stick

Seasoned Steak Fries
 Lemon Parsley Green Beans
 Choice of Fruit

Wednesday, March 20

Breakfast

Cereal

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, March 21

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, March 22

Breakfast

Mini Bagels
 w/Cinnamon Cream Cheese

Lunch

Tuna Salad on Greens
 w/Crackers
 Minh Orange Chicken Stir Fry
 over Rice
 or
 Meatloaf Loaf Sandwich

Oven Baked Fries
 Peas
 Choice of Fruit

MIDDLE LINE BAR

Monday Macaroni & Cheese Bar
Tuesday Nachos
Wednesday Chicken Fajita
Thursday Baked Potato Bar
Friday Taco

Monday, March 25

Breakfast

Apple Frudel

Lunch

Taco Salad
 Ham & Cheese Melt on a
 Pretzel Roll
 or
 Pancakes w/Sausage Links

Baked Sweet Potatoes & Apples
 Tater Tots
 Choice of Fruit

Tuesday, March 26

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, March 27

Breakfast

Chicken Biscuit

Lunch

Chicken Caesar Salad
 Pizza Sticks w/Dipping Sauce
 or
 Hot Dog on Bun

Roasted Lemon Pepper Broccoli
 Seasoned Steak Fries
 Choice of Fruit

Thursday, March 28

Breakfast

Muffin

Lunch

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

Pico de Gallo
 Lettuce
 Cilantro & Garlic Corn
 Seasoned Rice
 Choice of Fruit

Friday, March 29

Breakfast

Cini Minis

Lunch

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

Oriental Vegetables
 Veggie Egg Roll
 Choice of Fruit