



Caroline County Public Schools - Middle

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

The original value meal & still a fantastic deal!

Breakfast Lunch

Free

Roll \$2.50
Island \$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 a Bed of Lettuce w/Crackers
Buffalo Pizza
or
Baja Fish Taco

Lettuce & Tomato
Sour Cream
Sweet Potato Waffle Fries
Roasted Veggies
Choice of Fruit

Monday, March 4

Breakfast

Apple Frudel

Lunch

Chef Salad w/Breadstick
Pancake w/Sausage Links
or
Ham & Cheese Melt on Pretzel Roll

Hash Browns
Stewed Tomatoes
Hot Apples
Choice of Fruit

Tuesday, March 5

Breakfast

Sausage Sandwich

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, 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
Green Rice
Choice of Fruit

Thursday, March 7

Breakfast

Cini Minis

Lunch

Taco Salad
Oven Baked Chicken Legs
or
Meat Loaf w/Gravy

Roll
Mashed Potatoes
Peas
Choice of Fruit

Friday, March 8

Breakfast

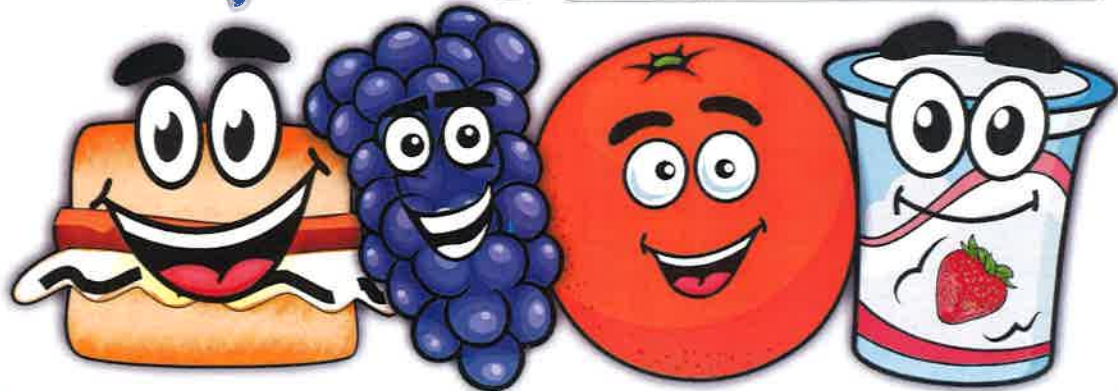
Maple Mini Pancakes

Lunch

Tuna Salad on a Bed of Lettuce w/Crackers
Steak & Cheese Wrap
or
Chicken Teriyaki over Rice

Oriental Vegetables
Egg Roll
Brown Rice
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
 Chef Salad w/Breadstick
 Bacon Cheeseburger on a Bun
 or
 Chicken & Cheese Quesadilla

 String Beans & Carrots
 Onion Rings
 Salsa
 Choice Fruit

Tuesday, March 12

Breakfast
 Cereal

Lunch
 Santa Fe Salad w/Chicken
 & Tortilla Chips
 Chicken Filet Sandwich
 or
 Chicken & Broccoli Pasta
 w/White Cheese Sauce

 Steamed Broccoli
 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
 Cheese & Beef Nachos

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

Thursday, March 14

Breakfast
 Apple Donut

Lunch
Taco Salad
 Chicken Poppers w/Pretzel Rod
 or
 Toasted Cheese Sandwich

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

Friday, March 15

Breakfast
 Bagel w/Cream Cheese or
 Sun Butter

Lunch
Tuna Salad on a Bed of
Lettuce w/Crackers
 Buffalo Pizza
 or
 Chicken Pot Pie in a Bread Bowl

 Cauliflower & Broccoli
 Waffled Sweet Potato Fries
 Choice of Fruit

Monday, March 18

Breakfast
 Mini Waffles

Lunch
 Chef Salad w/Breadstick
 BBQ Chicken w/Roll
 or
 Hot Dog on a Bun

 Sautéed Kale
 Onion Rings
 Baked Beans
 Choice of Fruit

Tuesday, March 19

Breakfast
 Cherry Frudel

Lunch
 Santa Fe Salad w/Chicken
 & Tortilla Chips
 Chicken Filet Sandwich
 or
 Baked Rotini & Garlic Bread

 Roasted Parmesan Cauliflower
 Confetti Fries
 Choice of Fruit

Wednesday, March 20

Breakfast
 Zucchini Bread

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

 Sour Cream & Salsa
 Pinto Beans
 Corn
 Choice of Fruit

Thursday, March 21

Breakfast
 Sausage Sandwich

Lunch
Taco Salad
 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 a Bed of
Lettuce w/Crackers
 French Bread Pizza
 or
 Meatloaf Sandwich

 Oven Baked Fries
 California Blend
 Choice of Fruit

Monday, March 25

Breakfast
 Apple Frudel

Lunch
 Chef Salad w/Breadstick
 Bacon Cheeseburger on a Bun
 or
 Buffalo Chicken Sub w/Cheese

 Onion Rings
 Roasted Season Broccoli
 Choice of Fruit

Tuesday, March 26

Breakfast
 Cereal

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

 Honey Glazed Carrots Coins
 Oven Baked 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
 Seasoned Rice
 Black Bean Dip w/Chips

Thursday, March 28

Breakfast
 Muffin

Lunch
Taco Salad
 Chicken Poppers w/Pretzel Rod
 or
 Meatball Parmesan Sub

 Oven Baked Curly Fries
 String Beans
 Choice of Fruit

Friday, March 29

Breakfast
 Maple Mini Pancakes

Lunch
Tuna Salad on a Bed of
Lettuce w/Crackers
 Buffalo Pizza
 or
 Fish Sandwich

 Oven Baked Fries
 Sautéed Kale
 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.