

Charles County Public Schools

Food Service Department

BREAKFAST MENU

MAY 2012

Available everyday

Fresh Fruit
Cupped Fruit
100% Fruit Juice

Choice of Milk with each Meal

1% White Milk
Skim Chocolate Milk
Skim Milk

Unsweetened Cereal is available as alternate cereal at breakfast

Breakfast Prices

Elementary Student Meals \$1.15
Secondary Student Meals \$1.30
Milk \$.50
Adult A La Carte

Menu is subject to change without notice and according to individual school service method.

Menu may be adjusted due to weather related delays or closures.

Ground meat items may include ground beef, ground pork or ground turkey.

* Meatless Item

** Protein Alternative Available

If you have changes to your household income, applications for benefits for the National School Lunch and Breakfast Program are available by contacting the Food Service Department at 301-392-5570 or from your child's school office.

Breakfast and lunch are available to all students every school day. Students who qualify for free or reduced price lunches are entitled to eat breakfast for free or at reduced price.

Mon	Tue	Wed	Thu	Fri
April 30	1	2	3	4
*Waffle Sticks Assorted Cereals Fruit 100 % Juice Milk	Turkey Sausage and Cheese Tac-go Assorted Cereals Fruit 100 % Juice Milk	Breakfast Pizza Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Mini Maple Waffles Assorted Cereals Fruit 100 % Juice Milk	*Eggo Maple Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk
7	8	9	10	11
Sausage Biscuit Assorted Cereals Fruit 100 % Juice Milk	Breakfast Egg Wrap Assorted Cereals Fruit 100 % Juice Milk	*Eggo Blueberry Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Mini Cinnis Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Hot Apple Frudel Assorted Cereals Fruit 100 % Juice Milk
14	15	16	17	18
Pancake Sausage on a Stick Assorted Cereals Fruit 100 % Juice Milk	*Waffle Sticks Assorted Cereals Fruit 100 % Juice Milk	Egg, Cheese and Honey Ham Tac-go Assorted Cereals Fruit 100 % Juice Milk	*Eggo Maple Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Hot Cherry Frudel Assorted Cereals Fruit 100 % Juice Milk
21	22	23	24	25
Sausage Biscuit Assorted Cereals Fruit 100 % Juice Milk	Breakfast Egg Wrap Assorted Cereals Fruit 100 % Juice Milk	*Eggo Blueberry Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Mini Strawberry Burst Pancake Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Blueberry Mini Waffles Assorted Cereals Fruit 100 % Juice Milk
28	29	30	31	June 1
Schools Closed Memorial Day	*Pillsbury Mini Triple Berry French Toast Assorted Cereals Fruit 100 % Juice Milk	Egg, Cheese & Honey Ham Tac-go Assorted Cereals Fruit 100 % Juice Milk	*Eggo Maple Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk	*Pillsbury Hot Cherry Frudel Assorted Cereals Fruit 100 % Juice Milk



www.MealPayPlus.com

Available everyday

- Fresh Fruit
- Cupped Fruit
- Small Salad
- 100% Fruit Juice

Charles County Public Schools

Food Service Department

LUNCH MENU

MAY 2012

Choice of Milk with each Meal

- 1% White Milk
- Skim Chocolate Milk
- Skim Milk

Lunch Prices

- Elementary Student Meals \$2.15
- Secondary Student Meals \$2.40
- Milk \$.50
- Adult A La Carte

Menu is subject to change without notice.

Ground meat items may include ground beef, ground pork or ground turkey.

Items Highlighted in Red are the Non Meat Alternative Entrees, available for all grade levels

- *Meatless Item
- ** Protein Alternative Available



Mon	Tues	Wed	Thurs	Fri	Middle and High School Specials
Roasted Chicken w/ Whole Wheat Biscuit Salisbury Steak w/ Whole Wheat Roll Whipped Potatoes Broccoli Mixed Fruit *Black Bean Empanadas	Cheese Ravioli w/ Marinara and Whole Grain Breadstick Grilled Chicken Wrap Sliced Carrots Corn Fresh Orange Slices *Veggie Wrap	Pizzatas Tossed Green Salad w/ Popcorn Chicken Mixed Vegetables Green Beans Applesauce *Three Cheese Sub	BBQ Sandwich on a Whole Wheat Bun Fish Sandwich on a Potato Roll Cole Slaw Baked Beans Bananas *Veggie Quesadilla	Cheese Pizza Meatballs on a Sub Roll Spinach Peas Apricots *Vegetarian Bean Chili	Pizza of the Week: 5" Round Pizza Sandwich of the Week: Hamburger on a Bun Salad of the Week: Hawaiian Ham Pineapple Assorted Subs and Wraps
Pork Patty Sandwich on a Whole Wheat Roll Asian Chicken with Rice Broccoli Corn Mandarin Oranges *Red Beans and Rice	Rotini w/ Meatballs & Whole Grain Breadstick Tuna Salad on Seedless Rye Bread Peas Mixed Vegetables Fresh Apples *Vegetable Egg Roll	Chicken Parmesan Sandwich on a Whole Wheat Bun Chalupa Black Eyed Peas Green Beans Mixed Fruit *Potato Pierogies w/ chs	Steak and Cheese on a Sub Roll BBQ Roasted Chicken w/Whole Wheat Biscuit Spinach Sweet Potato Puffs Pineapple Tidbits *Max Stix w/ Sauce	Toasted Cheese on Whole Grain Chef Salad w/ a Whole Grain Breadstick Tomato Soup Oven Fries / Carrots Pears *Spiced Chs Max Wrap	Pizza of the Week: Big Daddy's Pizza Sandwich of the Week: Spicy Chicken Patty on Bun Salad of the Week: Taco Salad Assorted Subs and Wraps
Pizzatas Corn Dog Nuggets Sweet Potatoes Green Beans Mixed Fruit *Morningstar Chick'n Nuggets	Chicken Tenders w/ Whole Wheat Roll Hamburger on a Whole Wheat Bun Oven Fries Lima Beans Apricots *Three Cheese Sub	Turkey w/ gravy and Whole Wheat Roll Chicken Egg Roll Brown Rice Corn Spinach Fresh Orange Slices *Black Bean Empanada	Rib B Que on a Whole Wheat Bun Cheese Pizza* Peas Carrots Sliced Peaches *Cheese Ravioli	Spicy Cheese Max Wrap ⁸ Tuna Salad Platter w/ Whole Grain Breadstick Mixed Vegetables Broccoli Mixed Fruit *Veggie Quesadilla w/ Salsa	Pizza of the Week: Stuffed Crust Pizza Sandwich of the Week: Ham & Cheese Croissant Salad of the Week: Chicken Caesar Salad Assorted Subs and Wraps
Chicken Quesadilla w/ Salsa Hot Dog on a Whole Wheat Roll Green Beans Sweet Potatoes Diced Pears *Black Bean Empanada	Meatloaf w/ Whole Wheat Dinner Roll Turkey Sub on Multi Grain Roll Mixed Vegetables Seasoned Potato Wedges Sliced Peaches *Vegetable Egg Roll	Ham and Cheese Croissant Tony's Fiestada Broccoli Carrot Coins Fresh Apples *Spicy Grilled Cheese	Grilled Chicken Patty on a Whole Wheat Bun Hamburger on a Potato Roll Corn Spinach / Applesauce *Spicy Black Bean Burger on Bun	Toasted Cheese on Whole Grain Bread Taco Salad Tomato Soup Peas Carrots Fresh Grapes *Potato Pierogies w/ chs	Pizza of the Week: Tony's Sausage Pizza Sandwich of the Week: Chicken Patty Salad of the Week: Chef Salad Assorted Subs and Wraps
Schools Closed Memorial Day	Asian Chicken w/ Brown Rice Corn Dog Nuggets Carrots Peas Mandarin Oranges *Southwest Vegetable Quesadilla	Hamburger on Whole Wheat Bun Hot Dog on Whole Wheat Roll Oven Fries Baked Beans Fresh Orange Slices *Bean & Cheese Chalupa	Taco Nachos w/ Sauce Turkey or Ham Wraps on Whole Wheat Tortilla Green Beans Black Bean and Corn Salad Applesauce *Max Stix w/ Marinara	Fish Nuggets w/ Mac & Cheese Mixed Green Salad w/ Grilled Chicken and Crackers Cole Slaw and Broccoli Diced Pears *Red Beans and Rice	Pizza of the Week: Tony's Fiestada Sandwich of the Week: Steak and Cheese Salad of the Week: Tuna and Tomato Assorted Subs and Wraps