

Charles County Public Schools

Food Service Department

BREAKFAST MENU

AUGUST / SEPTEMBER 2010

Available everyday

Fresh Fruit
Cupped Fruit
100% Fruit Juice

Choice of Milk with each Meal

1% White Milk
1% 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.

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

* Meatless Item
** Protein Alternative Available

Add money to your child's lunch account anytime with:

www.pay4lunch.com

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
Aug 30	Aug 31	1	2	3
Manager's Choice Hot Breakfast Item Assorted Cereals Fruit 100 % Juice Milk	Manager's Choice Hot Breakfast Item Assorted Cereals Fruit 100 % Juice Milk	Manager's Choice Hot Breakfast Item Assorted Cereals Fruit 100 % Juice Milk	Manager's Choice Hot Breakfast Item Assorted Cereals Fruit 100 % Juice Milk	Manager's Choice Hot Breakfast Item Assorted Cereals Fruit 100 % Juice Milk
Schools Closed Labor Day	7	8	9	10
Pancake Sausage on a Stick Assorted Cereals Fruit 100 % Juice Milk	Schools Closed Primary Election Day	15	16	17
13	14	15	16	17
Egg, Cheese & Honey Ham Tac-go Assorted Cereals Fruit 100 % Juice Milk	Schools Closed Primary Election Day	22	23	24
20	21	22	23	24
*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	*Hot Whole Grain Apple Cinnamon Danish Assorted Cereals Fruit 100 % Juice Milk	*Maple Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk
27	28	29	30	Oct 1
Sausage Biscuit Assorted Cereals Fruit 100 % Juice Milk	Breakfast Egg Wrap Assorted Cereals Fruit 100 % Juice Milk	*Strawberry Mini Pancakes Assorted Cereals Fruit 100 % Juice Milk	*Blueberry Waffle Sticks Assorted Cereals Fruit 100 % Juice Milk	*Hot Apple Frudel Assorted Cereals Fruit 100 % Juice Milk

Available everyday

Fresh Fruit
Cupped Fruit
Small Salad
100% Fruit Juice

Choice of Milk with each Meal

1% White Milk
1% Chocolate Milk
Skim Milk

Lunch Prices

Elementary Student Meals \$2.05
Secondary Student Meals \$2.30
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 NEW Non Meat Alternative Entrees, now available for all grade levels

*Meatless Item
** Protein Alternative Available

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LUNCH MENU AUGUST / SEPTEMBER 2010

Mon	Tues	Wed	Thurs	Fri	Secondary Specials
Aug 30 Pizzata Chicken Patty on a Bun Potato Rounds 2 nd Vegetable Choice	Aug 31 Steak and Cheese on Roll Asian Chicken w/ Rice Peas 2 nd Vegetable Choice	1 BBQ on Wheat Bun Turkey w/ Gravy Whipped Potatoes 2 nd Vegetable Choice	2 Hot Dog on a Wheat Roll Hamburger on a Wheat Roll Oven Fries 2 nd Vegetable Choice	3 Taco Salad Tuna Salad on a Wheat Roll Sweet Potato Fries 2 nd Vegetable Choice	Pizza of the Week: Stuffed Crust Pizza Sandwich of the Week: Spicy Chicken Sandwich Salad of the Week: Chef Salad Assorted Subs and Wraps
Schools Closed Labor Day	6 Meatloaf w/ Whole Wheat Dinner Roll Turkey Sub on Multi Grain Roll Mixed Vegetables Seasoned Potato Wedges Sliced Peaches *Vegetable Egg Roll	7 Ham and Cheese Croissant Fiestada Broccoli Carrot Coins Fresh Strawberries *Spicy Grilled Cheese	8 Grilled Chicken Patty on Whole Wheat Bun Hamburger on a Potato Roll Corn Spinach Applesauce *Garden Burger on Bun	9 Toasted Cheese on Whole Grain Bread Taco Salad Tomato Soup Peas Carrots Fresh Grapes *Potato Pierogies w/ chs	Pizza of the Week: Breakfast Pizza Sandwich of the Week: Chicken Patty Salad of the Week: Chef Salad Assorted Subs and Wraps
Max Stix w/ Marinara Sauce Chicken Nuggets w/ Whole Grain Roll Spinach Corn Bananas *Spicy Grilled Cheese	13 14 Schools Closed Primary Election Day	14 Hamburger on Whole Wheat Bun Hot Dog on Whole Wheat Roll Oven Fries Baked Beans Fresh Peaches *Bean & Cheese Chalupa	15 Taco Nachos with Sauce Turkey or Ham Wraps Green Beans Black Bean and Corn Salad Applesauce *Max Stix w/ Marinara	16 17 Schools Closed Fair Day	Pizza of the Week: Fiestada Sandwich of the Week: Steak and Cheese Salad of the Week: Tuna and Tomato Assorted Subs and Wraps
Roasted Chicken w/ Whole Wheat Roll Salisbury Steak w/ Whole Wheat Roll Whipped Potatoes Broccoli Mixed Fruit *Black Bean Empanadas	20 21 Cheese Ravioli w/ Marinara and Whole Grain Breadstick Grilled Chicken Wrap Sliced Carrots Corn Fresh Strawberries *Veggie Wrap	22 Pizzatas Mixed Green Salad w/ Popcorn Chicken Mixed Vegetables Green Beans Applesauce *Three Cheese Sub	23 BBQ Sandwich on a Whole Wheat Bun Fish Sandwich on a Potato Roll Cole Slaw Baked Beans Bananas *Cheese Quesadilla	24 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 Wheat 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	27 28 Rotini w/ Meatballs & Whole Grain Breadstick Tuna Salad on Seedless Rye Bread Peas Mixed Vegetables Fresh Apples *Vegetable Egg Roll	29 Chicken Parmesan Sandwich on a Whole Wheat Roll Chalupa Black Eyed Peas Green Beans Fresh Peaches *Potato Pierogies w/ chs	30 Steak and Cheese on a Sub Roll BBQ Roasted Chicken w/ Whole Wheat Roll Spinach Sweet Potato Puffs Pineapple Tidbits *Max Sauce w/ Sauce	Oct 1 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 Sandwich Salad of the Week: Taco Salad Assorted Subs and Wraps