

Charles County Public Schools

Food Service Department

MARCH 2010

Available everyday

Fresh Fruit
Cupped Fruit
Small Salad
100% Fruit Juice

Choice of Milk with each Meal

2% White Milk
1% Chocolate Milk
Skim Milk

Unsweetened Cereal is available as alternate cereal at breakfast

Lunch Prices

Elementary Student Meals	\$2.05
Secondary Student Meals	\$2.30
Milk	\$.50
Adult	A La Carte

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
Assorted Cereals Juice and Milk 1 Toasted Cheese * Pepperoni Pizza ** Green Beans	Assorted Cereals Juice and Milk 2 Hot Ham and Cheese Sandwich Chicken Nuggets w/ Roll Seasoned Corn Dessert	Egg and Cheese Wrap Juice and Milk 3 Corn Dogs Pizzas Mixed Vegetables	Assorted Cereals Juice and Milk 4 Chicken Egg Roll Cheeseburger on a Bun Potato Wedges Dessert	Assorted Cereals Juice and Milk 5 Veggie Wrap w/ Cheese Cheese Pizza Peas
Assorted Cereals Juice and Milk 8 Max Stix w/ Sauce * Hot Dog on a Bun Oven Fries	Assorted Cereals Juice and Milk 9 Rib B Que on a Bun Beef and Bean Burrito Mexicali Corn Dessert	Waffle Sticks Juice and Milk 10 Taco Nachos w/ Salsa Lasagna Roll Ups * Green Beans	Assorted Cereals Juice and Milk 11 Chicken Tenders w/ Roll Hamburger on a Bun Oven Fries Otis Spunkmeyer Whole Grain Cookies	Assorted Cereals Juice and Milk 12 Fish Nuggets w/ Mac and Cheese Cheese Pizza * Potato Rounds
Assorted Cereals Juice and Milk 15 Sloppy Joe on a Bun Cheese Pizza * Carrots	Assorted Cereals Juice and Milk 16 Pork Patty on a Bun Turkey Wrap Oven Fries Otis Spunkmeyer Whole Grain Cookies	Sausage Pancake on a Stick, Juice, Milk 17 Ham and Cheese Croissant Fiestada Steamed Peas St. Patrick's Dessert	Assorted Cereals Juice and Milk 18 Rotini w/ Meatballs and a Breadstick Chicken Quesadilla Green Beans Dessert	Assorted Cereals Juice and Milk 19 Cheese Pizza * Toasted Cheese * Tomato Soup Peas and Carrots
Assorted Cereals Juice and Milk 22 Pizzas Chicken Patty on a Bun Potato Rounds	Assorted Cereals Juice and Milk 23 Steak and Cheese Sandwich Asian Chicken w/ Rice Peas Dessert	French Toast Sticks Juice and Milk 24 BBQ on a Bun Turkey and Gravy over Rice Green Beans	Assorted Cereals Juice and Milk 25 Hot Dog on a Bun Hamburger on a Bun French Fries Otis Spunkmeyer Whole Grain Cookies	Assorted Cereals Juice and Milk 26 Taco Salad w/ Chips Tuna Salad Sandwich Sweet Potato Fries
Assorted Cereals Juice and Milk 29 Chicken Nuggets w/ Roll Max Sticks with Sauce * Mixed Vegetables	Assorted Cereals Juice and Milk 30 Turkey Sub Salisbury Steak w/ roll Whipped Potatoes Otis Spunkmeyer Whole Grain Cookies	Waffle Sticks Juice and Milk 31 Tuna Salad Sandwich Cheese Pizza Steamed Green Beans	<p>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.</p>	

MMFA MENU

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Breakfast Breaks Juice and Milk 1 Toasted Cheese * Pepperoni Pizza ** Green Beans	Breakfast Breaks Juice and Milk 2 Hot Ham and Cheese Sandwich Chicken Nuggets w/ Roll Seasoned Corn Dessert	Breakfast Breaks Juice and Milk 3 Corn Dogs Pizzatas Mixed Vegetables	Assorted Cereals Juice and Milk 4 Chicken Egg Roll Cheeseburger on a Bun Potato Wedges Dessert	Assorted Cereals Juice and Milk 5 Veggie Wrap w/ Cheese Cheese Pizza Peas
Breakfast Breaks Juice and Milk 8 Max Stix w/ Sauce * Hot Dog on a Bun Oven Fries	Breakfast Breaks Juice and Milk 9 Rib B Que on a Bun Beef and Bean Burrito Mexicali Corn Dessert	Breakfast Breaks Juice and Milk 10 Taco Nachos w/ Salsa Lasagna Roll Ups * Green Beans	Breakfast Breaks Juice and Milk 11 Chicken Tenders w/ Roll Hamburger on a Bun Oven Fries Otis Spunkmeyer Whole Grain Cookies	Breakfast Breaks Juice and Milk 12 Fish Nuggets w/ Mac and Cheese Cheese Pizza * Potato Rounds
Breakfast Breaks Juice and Milk 15 Sloppy Joe on a Bun Cheese Pizza * Carrots	Breakfast Breaks Juice and Milk 16 Pork Patty on a Bun Turkey Wrap Oven Fries Otis Spunkmeyer Whole Grain Cookies	Breakfast Breaks Juice and Milk 17 Ham and Cheese Croissant Fiestada Steamed Peas	Breakfast Breaks Juice and Milk 18 Rotini w/ Meatballs and a Breadstick Chicken Quesadilla Green Beans Dessert	Breakfast Breaks Juice and Milk 19 Cheese Pizza * Toasted Cheese * Tomato Soup Peas and Carrots
Breakfast Breaks Juice and Milk 22 Pizzatas Chicken Patty on a Bun Potato Rounds	Breakfast Breaks Juice and Milk 23 Steak and Cheese Sandwich Asian Chicken w/ Rice Peas Dessert	Breakfast Breaks Juice and Milk 24 BBQ on a Bun Turkey and Gravy over Rice Green Beans St. Patrick's Dessert	Breakfast Breaks Juice and Milk 25 Hot Dog on a Bun Hamburger on a Bun French Fries Otis Spunkmeyer Whole Grain Cookies	Breakfast Breaks Juice and Milk 26 Taco Salad w/ Chips Tuna Salad Sandwich Sweet Potato Fries
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