

Prince George's
County Public
Schools
Secondary Menu
(6-8, 9-12)



MENUS FOR
JANUARY 2015

USDA is an equal opportunity provider and employer.

AVAILABLE DAILY

Peanut Butter & Jelly Sandwich w/Cheese Stick+

Deli Sandwich & Grain Includes a Grain Item and a Choice of One of the Following Sandwiches: Turkey & Cheese, Turkey Ham & Cheese, Chicken Salad, Tuna Salad, Turkey Italian Cold Cut Sub

Salad Platter & Grain Includes a Grain Item and Choice of One of the Following Salads: Popcorn Chicken Salad, Chef Salad¹, Tuna Salad, Chicken Salad, Fiesta Chicken Salad, Cheese & Veggie Salad, Chicken Fajita Salad

Garden Salad w/Fresh Tomatoes w/Reduced Fat Dressing

Seasonal Fresh Fruit Bowl and Fruit Cup

100% Fruit Juice Offered on Tuesday & Thursday

Full student lunch includes choice of entrée (meat/meat alternative w/grain item), up to two fruits, up to two vegetables and choice of milk (1% plain or fat-free plain).

Students in grades 9-12 will be offered an additional grain item w/hot sandwiches.

Pudding cups offered daily at High Schools (grades 9-12).

+ Item is Meatless * Item Contains Pork
¹ Item Contains Beef ² Item Contains Only Turkey

Featured Specials of the Day

Monday, January 5

ENTRÉES: Blackened Pollock & Steamed Rice, Turkey Corn Dog, Stuffed Crust Cheese Pizza+, Chris P. Chicken Chunks & Grain
SIDES: Steamed Mixed Vegetables, Steamed Carrots, Seasoned Potato Wedges, Pineapple Tidbits, Mandarin Oranges NO SALADS

Tuesday, January 6

ENTRÉES: Turkey Lasagna Roll Up & Whole Wheat Roll, Chris P. Chicken Sandwich, Cheese Pizza Slice+, Chicken Nuggets & Grain
SIDES: Steamed Spinach, Tomato Soup+, Crinkle Cut Fries, Applesauce, Tropical Fruit Salad NO SALADS

Wednesday, January 7

ENTRÉES: Pizza Pasta Bake² & Garlic Breadstick, Soft Shell Taco¹, French Bread Pizza+, Chicken Tenders & Grain
SIDES: Steamed California Blend Vegetables, Steamed Green Beans, Seasoned Potato Stix, Mandarin Oranges, Pineapple Tidbits

Thursday, January 8

ENTRÉES: Mozzarella Cheese Sticks+ w/Marinara, Pork BBQ Rib Sandwich*, Cheese Pizza Slice+, Popcorn Chicken & Grain
SIDES: Steamed Broccoli, Cole Slaw, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, January 9

ENTRÉES: Tangerine Chicken & Steamed Rice, Fish Filet Sandwich, Cheese Pizza Bagel+, Chicken Tenders & Grain
SIDES: Steamed Edamame, Broccoli Florets & Carrot Sticks w/Dip, Crinkle Cut Fries, Applesauce, Fresh Orange

Monday, January 12

ENTRÉES: Roasted BBQ Chicken & Whole Wheat Roll, Cafe Burger¹, Stuffed Crust Cheese Pizza+, Chris P. Chicken Chunks & Grain
SIDES: Steamed Mixed Vegetables, Vegetarian Baked Beans, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, January 13

ENTRÉES: New Orleans Chicken & Steamed Rice, Taco Burger on Bun+, Cheese Pizza Slice+, Chicken Nuggets & Grain
SIDES: Steamed Edamame, Celery & Carrot Sticks w/Dip, Crinkle Cut Fries, Applesauce, Fresh Orange

Wednesday, January 14- Mexican Theme Bar

ENTRÉES: Turkey Carnitas or Mexican Style Beef w/Tortilla Chips or Cilantro Lime Rice or Flour Tortilla, Stuffed Crust Cheese Pizza+, Chicken Patty Sandwich
SIDES: Black Bean & Corn Mix, Shredded Lettuce & Pico de Gallo, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

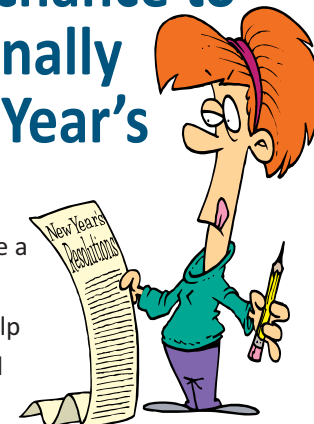
Thursday, January 15

ENTRÉES: Bean & Cheese Burrito+, Turkey Burger w/Turkey Bacon & Cheese, Cheese Pizza Slice+, Popcorn Chicken & Grain
SIDES: Steamed Green Peas, Cucumber & Tomato Salad, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, January 16

ENTRÉES: Taco Nachos¹ & Sante Fe Black Beans & Rice, Turkey Mouthful Subs, Cheese Pizza Bagel+, Chicken Patty Sandwich

Here's your chance to help Mom finally keep a New Year's resolution!



Your parents no doubt made a few resolutions for the New Year. Here's one you can help them keep: save money and stay healthy by joining us for meals at school. The meals we serve offer a convenient, economical, and healthy alternative for your school-day nutrition. So why not resolve to take advantage of this great service every day? This New Year, do yourself -- and your family budget -- a favor. Join us for breakfast and lunch at school every day!

Breakfast **\$1.50** Lunch **\$2.85**

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

301-952-6517

NAME DROPPING

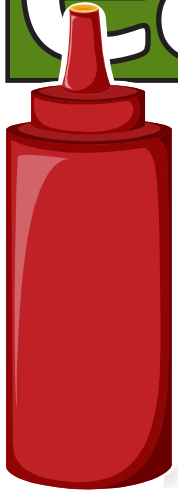
BRIAN KELLEY (LEFT) AND TYLAR HUBBARD, FRONTMEN FOR THE COUNTRY/POP DUO "FLORIDA



GEORGIA LINE," MET AT RELMONT COLLEGE IN NASHVILLE, TENNESSEE. BUT THEY NAMED THEIR BAND BASED ON DIFFERENT GEOGRAPHY. KELLEY HAILS FROM GEORGIA AND HUBBARD FROM FLORIDA, SO THEY CHOSE THE NAME AS A SHOUT OUT TO THEIR BIRTHPLACES.

eat fit

wanna stay fit?
gotta eat right!

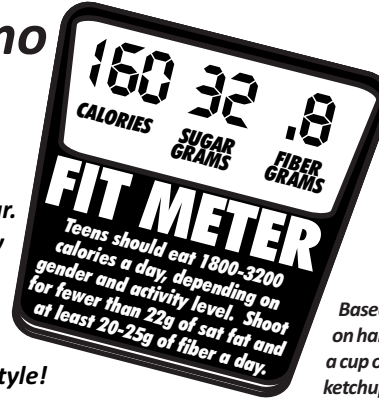


item: ketchup **verdict:** tomato-no

tip: The difference between ketchup and a tomato is like the difference between actual lightning . . . and a lightning bug.



Yes, ketchup is made using tomatoes, but ketchup also includes a ridiculous amount of added sugar. Plus, most of us Americans use ketchup mainly as a delivery vehicle for other high-salt, high-fat, high-calorie foods like fries and chicken nuggets. Listen, a little ketchup isn't going to hurt you. But ketchup is a condiment, not a lifestyle!



Based on half a cup of ketchup

SWEET DREAMS.

Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

PLEASE SEE REVERSE FOR ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, January 19

School will be closed on Monday, January 19 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 20

ENTRÉES: Spicy Chicken & Steamed Rice, Taco Burger on Bun+, Cheese Pizza Slice+, Chicken Nuggets & Grain

SIDES: Steamed Edamame, Steamed Green Beans, Sweet Potato Fries, Applesauce, Fresh Orange

Wednesday, January 21

ENTRÉES: Spaghetti & Meat Sauce+ & Garlic Breadstick, Philly Steak & Cheese+, French Bread Pizza+, Chicken Tenders & Grain

SIDES: Steamed Spinach, Celery & Carrot Sticks w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, January 22

ENTRÉES: Soft Shell Taco+, Toasted Cheese Sandwich+, Cheese Pizza Slice+, Popcorn Chicken & Grain

SIDES: Tomato Soup+, Steamed Sweet Corn, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, January 23

ENTRÉES: Lemon Pepper Pollock & Cilantro Lime Rice, Café Burger+, Cheese Pizza Bagel+, Chicken Patty Sandwich

SIDES: Steamed Green Peas, Steamed Broccoli & Cheese, Crinkle Cut Fries, Applesauce, Fresh Orange

Featured Specials of the Day

Monday, January 26

Schools Closed

Grading/Teacher Planning Day

Tuesday, January 27

ENTRÉES: Fiesta Mac & Beef+ & Whole Wheat Roll, Gyro Sandwich+, Cheese Pizza Slice+, Chicken Nuggets & Grain

SIDES: Steamed Spinach, Steamed Mixed Vegetables, Crinkle Cut Fries, Applesauce, Fresh Orange **Today's Dessert:** Pudding

Wednesday, January 28

ENTRÉES: General Tso's Chicken & Steamed Rice, Fish Filet Sandwich, French Bread Pizza+, Chicken Tenders & Grain

SIDES: Steamed Broccoli, Celery & Carrot Sticks w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, January 29

ENTRÉES: Chicken Fajita, Hot Dog on Bun+, Cheese Pizza Slice+, Popcorn Chicken & Grain

SIDES: Steamed Carrots, Vegetarian Baked Beans, Crinkle Cut Fries, Tropical Fruit Salad, Fresh Apple

Friday, January 30

ENTRÉES: Mozzarella Cheese Sticks+ w/Marinara, Pork BBQ Rib Sandwich+, Cheese Pizza Bagel+, Chicken Patty Sandwich

SIDES: Tomato Soup+, Cole Slaw, Seasoned Potato Wedges, Applesauce, Fresh Orange

★ OUR NATION'S HISTORY ★

On January 31, 1865 – 150 years ago this month –

Congress passed the 13th Amendment to the Constitution,

outlawing slavery forever in the United States. The passage of the amendment culminated a great effort by President



Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg, with Daniel Day-Lewis (left) as Lincoln.



★ WITH LIBERTY & JUSTICE FOR ALL ★