



# Carmichaels Area Middle – High School February 2019

**MEAL REQUIREMENTS:**  
Selection of at least 3 of 5 Food Components  
Meat/Meat Alternate, Grain, Vegetable, Fruit & Milk  
**One of the 3 MUST BE THE MINIMUM**  
**SERVING ALLOWED OF**  
**½ CUP OF FRUIT or VEGETABLE**

Paid Lunch \$2.20  
Reduced Lunch \$ .40  
Ala Carte Entrees  
\$1.40-\$2.50

				<p><b>1</b></p> <p><b>Favorites:</b> Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans <b>Grab n Go:</b> Chicken BLT Wrap Peppi Pizza Salad <b>Specialty:</b> Tuna Melt</p>
<p><b>4</b></p> <p><b>Favorites:</b> Buffalo Chicken Dip w/ Chips Tator Tots Steamed Carrots <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Buffalo Chicken Salad <b>Specialty:</b> Mighty Mike Burger</p>	<p><b>5</b></p> <p><b>Favorites:</b> Mini Corn Dogs Augratin Potatoes Steamed Peas <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Italian Hoagie <b>Soup:</b> Chili</p>	<p><b>6</b></p> <p><b>Favorites:</b> Xtreme Grilled Cheese Tomato Soup Steamed Carrots <b>Grab n Go:</b> Buffalo Chicken Wrap Chef Salad <b>Specialty:</b> French Bread Pizza <b>Soup:</b> Chili</p>	<p><b>7</b></p> <p><b>Favorites:</b> Loaded Tator Tots w/ Chili, Cheese &amp; Toppings <b>Grab n Go:</b> Buffalo Chicken Wrap Chicken Caesar Salad <b>Specialty:</b> Tuna Melt <b>Soup:</b> Chili</p>	<p><b>8</b></p> <p><b>Favorites:</b> Pulled BBQ Pork Sandwich Macaroni &amp; Cheese Steamed Green Beans Coleslaw <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad (if available) <b>Specialty:</b> Stuffed Crust Pizza <b>Soup:</b> Chili</p>
<p><b>11</b></p> <p><b>Favorites:</b> Lasagna Roll Up w/ Breadstick Steamed Sweet Peas Caesar Salad <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Bacon Cheeseburger</p>	<p><b>12</b></p> <p><b>Favorites:</b> Italian Hoagie Dip Soft Pretzel w/ Queso Baked French Fries <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Breaded Mozzarella Cheese Sticks w/ Marinara <b>Soup:</b> Chicken Noodle</p>	<p><b>13</b></p> <p><b>Favorites:</b> Wrap Bar: BBQ, Buffalo or Fajita Chicken Roasted Corn &amp; Black Beans Curly Fries <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> French Bread Pizza <b>Soup:</b> Chicken Noodle</p>	<p><b>14</b></p> <p><b>Favorites:</b> General Tso's Chicken w/Rice Steamed Broccoli Spears Valentine Cookie <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks <b>Soup:</b> Chicken Noodle</p>	<p><b>15</b></p> <p><b>Favorites:</b> Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans <b>Grab n Go:</b> Turkey &amp; Cheese Sub Fiesta Salad <b>Specialty:</b> Tuna Melt <b>Soup:</b> Chicken Noodle</p>
<p><b>18</b> <b>Make-Up Day</b></p> <p><b>Favorites:</b> Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>19</b></p> <p><b>Favorites:</b> Boneless Chicken Wing w/ Soft Pretzel Bites Baked French Fries Celery &amp; Carrots <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Stuffed Crust Pizza <b>Soup:</b> Baked Potato</p>	<p><b>20</b></p> <p><b>Favorites:</b> Chicken &amp; Biscuit Mashed Potatoes w/Gravy Steamed Sweet Corn <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks <b>Soup:</b> Baked Potato</p>	<p><b>21</b></p> <p><b>Favorites:</b> Stuffed Shells w/ Breadstick Mixed Vegetables Caesar Salad <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Bacon Cheeseburger <b>Soup:</b> Baked Potato</p>	<p><b>22</b></p> <p><b>Favorites:</b> Fish Sandwich Macaroni &amp; Cheese Steamed Peas Coleslaw <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Italian Hoagie <b>Soup:</b> Baked Potato</p>
<p><b>25</b></p> <p><b>Favorites:</b> General Tso's Chicken w/Rice Steamed Broccoli Spears <b>Grab n Go:</b> Chicken Caesar Wrap Southwest Chicken Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>26</b></p> <p><b>Favorites:</b> Cheddar &amp; Bacon Chicken Breast on Pretzel Bun French Fries Baked Beans <b>Grab n Go:</b> Chicken Caesar Wrap Southwest Chicken Salad <b>Specialty:</b> Hot Italian Hoagie <b>Soup:</b> Vegetable</p>	<p><b>27</b></p> <p><b>Favorites:</b> Breakfast Burrito or French Toast Sticks w/ Sausage Links Tator Tots <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> Breakfast Pizza <b>Soup:</b> Vegetable</p>	<p><b>28</b></p> <p><b>Favorites:</b> Chicken Nuggets Mashed Potatoes w/Gravy Steamed Sweet Corn <b>Grab n Go:</b> Chef Salad Wrap Turkey Club Salad <b>Specialty:</b> Chicken Breast BLT on Ciabatta <b>Soup:</b> Vegetable</p>	<p>To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.</p>

**PIZZA Station**  
Cheese, Pepperoni & Rotating Specialty Pizzas,  
Buffalo Chicken Flatbread Available Daily

**FROM THE GRILL**  
Hamburger, Cheeseburger  
Chicken Patty, Spicy Chicken Patty,  
Popcorn Chicken & Chicken Tenders.

**Daily Lunch Offerings:**  
Fresh Tossed Salad w/ Spinach, Romaine & Tomatoes  
Fresh Apples, Oranges, Bananas & Canned Fruit  
Fresh Baby Carrots & Celery Sticks  
Milk: Skim. 1% White, FF Chocolate, FF Strawberry & FF Vanilla

Making every day a better day



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Middle – High School  
February 2019**

**BREAKFAST MENU**  
Paid \$1.00 Reduced \$.30

				1 Sausage & Cheese Muffin
4 Pancake & Sausage on a stick	5 Breakfast Pizza & Assorted Muffins	6 Egg & Cheese Muffin	7 Breakfast Pizza & Assorted Muffins	8 Pillsbury Mini Cinni's
11 Pillsbury Cherry or Apple Frudel	12 Breakfast Pizza & Assorted Muffins	13 Pancake & Sausage on a Stick	14 Breakfast Pizza & Assorted Muffins	15 Sausage & Cheese Muffin
18 Make-Up Day Pillsbury Cherry or Apple Frudel	19 Breakfast Pizza & Assorted Muffins	20 Egg & Cheese Muffin	21 Breakfast Pizza & Assorted Muffins	22 Pancake & Sausage on a Stick
25 Pillsbury Mini Cinni's	26 Breakfast Pizza & Assorted Muffins	27 Pillsbury Cherry or Apple Frudel	28 Breakfast Pizza & Assorted Muffins	<b>Available DAILY</b> Assorted Cereals served w/wo Toast Pop Tarts and Assorted Cereal Bars w/wo Toast Assorted Juice: Apple, Orange & Grape Fresh Fruit, Assorted Milk: Skim, White and FF Chocolate, FF Strawberry & FF Vanilla