



Carmichaels Area Middle – High School October 2018

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>1 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Salad Bar: Taco Salad w/WG Roll Grab n Go: Chicken Caesar Wrap Southwest Chicken Salad Specialty: Hot Italian Hoagie</p>	<p>2 Favorites: Popcorn Chicken Bowl w/WG Roll Mashed Potatoes w/Gravy Steamed Sweet Corn DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken Caesar Wrap Southwest Chicken Salad Specialty: Cheesy Garlic Flatbread</p>	<p>3 Favorites: Breakfast Burrito or French Toast Sticks w/ Sausage Links Tator Tots Salad Bar: Popcorn Chicken Salad Grab n Go: Chicken Ranch Wrap Cobb Salad Specialty: Breakfast Pizza</p>	<p>4 ACT 80 No School</p>	<p>5 ACT 80 No School</p>
<p>8 Favorites: Buffalo Chicken Dip w/Chips Tator Tots Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Turkey & Cheese Wrap Buffalo Chicken Salad Specialty: Hot Italian Hoagie</p>	<p>9 Favorites: Mini Corn Dogs Augratin Potatoes Steamed Peas DELI BAR: Assorted Meats & Cheeses w/ Fresh Baked Bun Grab n Go: Turkey & Cheese Wrap Chef Salad Specialty: Hot Beef & Cheddar Sandwich</p>	<p>10 Favorites: Xtreme Grilled Cheese Tomato Soup Salad Bar: Chicken Caesar Salad w/Breadstick Grab n Go: Buffalo Chicken Wrap Chef Salad Specialty: Bacon Cheeseburger</p>	<p>11 Favorites: Chicken Wrap Bar Tator Tots Roasted Corn & Black Beans DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Buffalo Chicken Wrap Chicken Caesar Salad Specialty: Cheesy Garlic Flatbread</p>	<p>12 Favorites: Pulled BBQ Pork Sandwich Macaroni & Cheese Steamed Green Beans Coleslaw Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Stuffed Crust Pizza</p>
<p>15 Favorites: Hot Ham & Cheese on Pretzel Bun w/ Honey Mustard Spiral Fries Steamed Carrot Coins Salad Bar: Buffalo Chicken w/WG Roll Grab n Go: Italian Flatbread Peppi Pizza Salad Specialty: Bacon Cheeseburger</p>	<p>16 Favorites: Chicken Quesadilla Roasted Corn & Black Bean Baked French Fries DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Italian Flatbread Peppi Pizza Salad Specialty: Hot Beef & Cheddar Sandwich</p>	<p>17 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad Salad Bar: Taco Salad w/WG Roll Grab n Go: Chicken Ranch Wrap Cobb Salad Specialty: Cheesy Garlic Flatbread</p>	<p>18 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Fortune Cookie DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken Ranch Wrap Cobb Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>19 Favorites: Mexi Grande Bar Tator Tots Refried Beans Salad Bar: Chicken Caesar w/WG Roll Grab n Go: Turkey & Cheese Sub Fiesta Salad Specialty: Stuffed Crust Pizza</p>
<p>22 Favorites: Boneless Chicken Wing w/ Soft Pretzel Bites Celery & Carrots Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Turkey & Cheese Wrap Chef Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>23 Favorites: Steak & Cheese Hoagie or Wrap w/wo Peppers & Onions Curly Fries DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Turkey & Cheese Wrap Chef Salad Specialty: Stuffed Crust Pizza</p>	<p>24 Favorites: Chicken, Bacon & Cheddar Sandwich on Ciabatta BBQ Rib Sandwich Caesar Salad Salad Bar: Buffalo Chicken w/WG Roll Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Hot Italian Hoagie</p>	<p>25 Favorites: Pulled BBQ Pork Sandwich Roasted Corn & Black Bean French Fries Coleslaw DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Chicken Parmesan Sandwich</p>	<p>26 Favorites: Penne w/ Alfredo or Meat Sauce & Garlic Breadstick Steamed Broccoli Spears Caesar Salad Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Turkey & Cheese Sub Chef Salad Specialty: Cheesy Garlic Flatbread</p>
<p>29 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Salad Bar: Taco Salad w/WG Roll Grab n Go: Chicken Caesar Wrap Southwest Chicken Salad Specialty: Hot Italian Hoagie</p>	<p>30 Favorites: Popcorn Chicken Bowl w/WG Roll Mashed Potatoes w/Gravy Steamed Sweet Corn DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken Caesar Wrap Southwest Chicken Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>31 Favorites: Breakfast Burrito or French Toast Sticks w/ Sausage Links Tator Tots Salad Bar: Popcorn Chicken Salad Grab n Go: Chicken Ranch Wrap Cobb Salad Specialty: Breakfast Pizza</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



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BREAKFAST MENU
Paid \$1.00 Reduced \$.30

1 Pillsbury Cherry or Apple Frudel	2 Breakfast Pizza & Assorted Muffins	3 Sausage Biscuit	4 ACT 80 No School	5 ACT 80 No School
8 Pancake & Sausage Wrap	9 Breakfast Pizza & Assorted Muffins	10 Egg & Cheese Muffin	11 Breakfast Pizza & Assorted Muffins	12 Pillsbury Mini Cinni's
15 Pillsbury Cherry or Apple Frudel	16 Breakfast Pizza & Assorted Muffins	17 Pancake & Sausage Wrap	18 Breakfast Pizza & Assorted Muffins	19 Sausage Biscuit
22 Pillsbury Mini Cinni's	23 Breakfast Pizza & Assorted Muffins	24 Egg & Cheese Muffin	25 Breakfast Pizza & Assorted Muffins	26 Pancake & Sausage Wrap
29 Pillsbury Cherry or Apple Frudel	30 Breakfast Pizza & Assorted Muffins	31 Pancake & Sausage Wrap		<p><u>Available DAILY</u> 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</p>