



# Carmichaels Area Middle – High School May 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> <b>Favorites:</b> Pulled BBQ Pork or Chicken Breast Sandwich Tator Tots Coleslaw <b>Grab n Go:</b> Buffalo Chicken Wrap Chef Salad <b>Specialty:</b> Breaded Mozzarella Sticks w/ Marinara</p>	<p><b>2</b> <b>Favorites:</b> Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Sweet Corn <b>Grab n Go:</b> Egg Salad Sandwich Chicken Caesar Salad <b>Specialty:</b> Bacon Cheeseburger</p>	<p><b>3</b> <b>Favorites:</b> Loaded Tator Tots w/ Chili, Cheese &amp; Toppings Steamed Broccoli <b>Grab n Go:</b> Egg Salad Sandwich Chicken Caesar Salad <b>Specialty:</b> Stuffed Crust Pizza</p>
<p><b>6</b> <b>Favorites:</b> Soft Pretzel w/ Queso Italian Hoagie Dip Baked French Fries <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Cheddar Bacon Ranch Chicken Patty Sandwich</p>	<p><b>7</b> <b>Favorites:</b> Walking Taco Tator Tots Refried Beans <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Breaded Mozzarella Cheese Sticks w/ Marinara</p>	<p><b>8</b> <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> Sausage Egg &amp; Cheese Bagel</p>	<p><b>9</b> <b>Favorites:</b> General Tso's Chicken w/Rice Steamed Broccoli Spears <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> Cheddar Stuffed Soft Pretzel Rods</p>	<p><b>10</b> <b>Favorites:</b> Macaroni &amp; Cheese Chicken Burrito Mixed Veggies <b>Grab n Go:</b> Turkey &amp; Cheese Sub Fiesta Salad <b>Specialty:</b> Ham &amp; Cheese Po' Boy <b>DELI BAR: Build your own Sandwich/Hoagie</b></p>
<p><b>13</b> <b>Favorites:</b> Boneless Chicken Wings w/ Soft Pretzel Bites Baked French Fries Celery &amp; Carrots <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>14</b> <b>Favorites:</b> Bosco Cheese Sticks w/ Marinara Mixed Vegetables Caesar Salad <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Chicken Cheddar Ranch Wrap</p>	<p><b>15</b> <b>Favorites:</b> Hot Turkey Sandwich Mashed Potatoes w/ Gravy Steamed Sweet Corn <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Hot Italian Hoagie</p>	<p><b>16</b> <b>Favorites:</b> Pulled BBQ Pork Nachos Ham &amp; Cheese Pretzel Slider Curly Fries Coleslaw <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Cheddar Stuffed Soft Pretzel Rods <b>DELI BAR: Build your own Sandwich/Hoagie</b></p>	<p><b>17</b> <b>Favorites:</b> Chicken &amp; Cheese Quesadilla Curly Fries Coleslaw <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Cheddar Bacon Ranch Chicken Patty</p>
<p><b>20</b> <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>21</b> <b>Favorites:</b> Buffalo or Oven Fried Chicken Leg Coleslaw Baked Beans <b>Grab n Go:</b> Chicken Caesar Wrap Southwest Chicken Salad <b>Specialty:</b> Baked American Sub</p>	<p><b>22</b> <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</p>	<p><b>23</b> <b>Favorites:</b> Chicken &amp; Biscuit Mashed Potatoes w/Gravy Steamed Sweet Corn <b>Grab n Go:</b> Chicken BLT Wrap Peppi Pizza Salad <b>Specialty:</b> Hot Roast Beef &amp; Cheese Sandwich</p>	<p><b>24</b> <b>Favorites:</b> Mexi Grande Bar (Chips or Tortilla) Roasted Corn &amp; Black Beans Refried Beans <b>Grab n Go:</b> Chef Salad Wrap Turkey Club Salad <b>Specialty:</b> Hot Chicken Cheddar Ranch Wrap</p>
<p><b>27</b>  Memorial Day No School</p>	<p><b>28</b> <b>Favorites:</b> Wrap Bar: BBQ, Buffalo or Fajita Chicken Roasted Corn &amp; Black Beans Baked French Fries <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Bosco Cheese Sticks w/ Marinara</p>	<p><b>29</b>  Early Dismissal No Lunch</p>	<p><b>30</b>  <b>School Picnic!</b> Hamburger or Cheeseburger Hot Dog Baked Beans Watermelon or Grapes Brownie or Cookie  Early Dismissal  This Institution is an Equal Opportunity Employer</p>	<p><b>31</b>  Last Day of School  Enjoy the Summer Break!   Menu Subject to Change without Notice</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

sodexo  
Making every day a better day



**Carmichaels Area  
Middle – High School  
May 2019**

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

<p><b>Available DAILY</b> Assorted Cereals served w/wo Toast Pop Tarts and Assorted Cereal Bars w/wo Toast Assorted Juice: Apple, Orange &amp; Grape Fresh Fruit, Assorted Milk: Skim, White and FF Chocolate, FF Strawberry &amp; FF Vanilla</p>		<p>1  Egg &amp; Cheese Muffin</p>	<p>2  Breakfast Pizza &amp; Assorted Muffins</p>	<p>3  Pillsbury Mini Cinni's</p>
<p>6  Pancake &amp; Sausage on a Stick</p>	<p>7  Breakfast Pizza &amp; Assorted Muffins</p>	<p>8  Pillsbury Cherry or Apple Frudel</p>	<p>9  Breakfast Pizza &amp; Assorted Muffins</p>	<p>10  Sausage &amp; Cheese Muffin</p>
<p>13  Mini Chocolate Chip French Toast</p>	<p>14  Breakfast Pizza &amp; Assorted Muffins</p>	<p>15  Sausage, Egg &amp; Cheese Breakfast Slider</p>	<p>16  Breakfast Pizza &amp; Assorted Muffins</p>	<p>17  Sausage &amp; Cheese Biscuit</p>
<p>20  Pillsbury Mini Cinni's</p>	<p>21  Breakfast Pizza &amp; Assorted Muffins</p>	<p>22  Pillsbury Cherry or Apple Frudel</p>	<p>23  Breakfast Pizza &amp; Assorted Muffins</p>	<p>24  Sausage &amp; Cheese Muffin</p>
<p>27  Memorial Day No School</p>	<p>28  Breakfast Pizza &amp; Assorted Muffins</p>	<p>29  Chef's Choice</p>	<p>30  Chef's Choice</p>	<p>31  Early Dismissal No Breakfast</p>