



# Carmichaels Area Middle – High School January 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>3</b></p> <p><b>Favorites:</b> Hot Dog Baked French Fries Baked Beans Coleslaw <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Chef Salad Wrap Turkey Club Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>4</b></p> <p><b>Favorites:</b> Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans <b>Salad Bar:</b> Popcorn Chicken w/WG Roll <b>Grab n Go:</b> Chicken BLT Wrap Peppi Pizza Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks</p>
<p><b>7</b></p> <p><b>Favorites:</b> Buffalo Chicken Dip or Jalapeño Popper Dip w/Chips Tator Tots <b>Salad Bar:</b> Popcorn Chicken w/WG Roll <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Buffalo Chicken Salad <b>Specialty:</b> Mighty Mike Burger</p>	<p><b>8</b></p> <p><b>Favorites:</b> Mini Corn Dogs Au gratin Potatoes Steamed Peas <b>DELI BAR:</b> Assorted Meats &amp; Cheeses w/ Fresh Baked Bun <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Italian Hoagie</p>	<p><b>9</b></p> <p><b>Favorites:</b> Xtreme Grilled Cheese Tomato Soup Steamed Carrots <b>Salad Bar:</b> Chicken Caesar Salad (if available) w/Breadstick <b>Grab n Go:</b> Buffalo Chicken Wrap Chef Salad <b>Specialty:</b> French Bread Pizza</p>	<p><b>10</b></p> <p><b>Favorites:</b> Loaded Tator Tots w/ Chili, Cheese &amp; Toppings <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Buffalo Chicken Wrap Chicken Caesar Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>11</b></p> <p><b>Favorites:</b> Pulled BBQ Pork Sandwich Macaroni &amp; Cheese Steamed Green Beans Coleslaw <b>Salad Bar:</b> Popcorn Chicken w/WG Roll <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad (if available) <b>Specialty:</b> Stuffed Crust Pizza</p>
<p><b>14</b></p> <p><b>Favorites:</b> Chicken Parmesan w/ Penne Steamed Sweet Peas Caesar Salad <b>Salad Bar:</b> Buffalo Chicken w/WG Roll <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Bacon Cheeseburger</p>	<p><b>15</b></p> <p><b>Favorites:</b> Italian Hoagie Dip Soft Pretzel w/ Queso Baked French Fries <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>16</b></p> <p><b>Favorites:</b> Oven Fried Chicken &amp; Stuffing Mashed Potatoes w/ Gravy Steamed Sweet Corn <b>Salad Bar:</b> Taco Salad w/WG Roll <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> French Bread Pizza</p>	<p><b>17</b></p> <p><b>Favorites:</b> General Tso's Chicken w/Rice Steamed Broccoli Spears Fortune Cookie <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks</p>	<p><b>18</b></p> <p><b>Favorites:</b> Mexi Grande Bar Tator Tots Refried Beans <b>Salad Bar:</b> Chicken Caesar w/WG Roll <b>Grab n Go:</b> Turkey &amp; Cheese Sub Fiesta Salad <b>Specialty:</b> Stuffed Crust Pizza</p>
<p><b>21</b></p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>	<p><b>22</b></p> <p><b>Favorites:</b> Boneless Chicken Wing w/ Soft Pretzel Bites Baked French Fries Celery &amp; Carrots <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks</p>	<p><b>23</b></p> <p><b>Favorites:</b> Chicken &amp; Biscuit Mashed Potatoes w/Gravy Steamed Sweet Corn Sugar Cookie <b>Salad Bar:</b> Buffalo Chicken w/WG Roll <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Stuffed Crust Pizza</p>	<p><b>24</b></p> <p><b>Favorites:</b> BBQ Rib Sandwich French Fries Baked Beans Coleslaw <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Italian Wrap Chicken Caesar Salad <b>Specialty:</b> Bacon Cheeseburger</p>	<p><b>25</b></p> <p><b>Favorites:</b> Fish Sandwich Macaroni &amp; Cheese Mixed Vegetables Coleslaw <b>Salad Bar:</b> Popcorn Chicken w/WG Roll <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Italian Hoagie</p>
<p><b>28</b></p> <p><b>Favorites:</b> General Tso's Chicken w/Rice Steamed Broccoli Spears <b>Salad Bar:</b> Taco Salad w/WG Roll <b>Grab n Go:</b> Chicken Caesar Wrap Southwest Chicken Salad <b>Specialty:</b> Cheesy Garlic Flatbread</p>	<p><b>29</b></p> <p><b>Favorites:</b> Grilled Chicken Breast w/Gravy &amp; Rice Mixed Vegetables <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Chicken Caesar Wrap Southwest Chicken Salad <b>Specialty:</b> Hot Italian Hoagie</p>	<p><b>30</b></p> <p><b>Favorites:</b> Breakfast Burrito or French Toast Sticks w/ Sausage Links Tator Tots <b>Salad Bar:</b> Popcorn Chicken Salad <b>Grab n Go:</b> Chicken Ranch Wrap Cobb Salad <b>Specialty:</b> Breakfast Pizza</p>	<p><b>31</b></p> <p><b>Favorites:</b> Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad <b>DELI BAR:</b> Assorted Breads, Meats &amp; Cheeses <b>Grab n Go:</b> Chef Salad Wrap Turkey Club Salad <b>Specialty:</b> Chicken Breast BLT on Ciabatta</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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January 2019**

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

			3  Breakfast Pizza & Assorted Muffins	4  Sausage & Cheese Muffin
7  Pancake & Sausage on a stick	8  Breakfast Pizza & Assorted Muffins	9  Egg & Cheese Muffin	10  Breakfast Pizza & Assorted Muffins	11  Pillsbury Mini Cinni's
14  Pillsbury Cherry or Apple Frudel	15  Breakfast Pizza & Assorted Muffins	16  Pancake & Sausage on a Stick	17  Breakfast Pizza & Assorted Muffins	18  Sausage & Cheese Muffin
21  No School	22  Breakfast Pizza & Assorted Muffins	23  Egg & Cheese Muffin	24  Breakfast Pizza & Assorted Muffins	25  Pancake & Sausage on a Stick
28  Pillsbury Mini Cinni's	29  Breakfast Pizza & Assorted Muffins	30  Pillsbury Cherry or Apple Frudel	31  Breakfast Pizza & Assorted Muffins	<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>