

Carlinsville Middle School Meals

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Calories
8/13	Mini Filled Bagel	Egg & Cheese Wrap	Breakfast Pizza Bacon	Ham, Egg & Cheese Combo Bar Toast & Jelly	Mini Donuts & Yogurt	488
9/24	Cheeseburger	Popcorn Chicken	Taco Salad & Salsa	Spaghetti/Meat Sauce	Pancakes & Syrup	690
11/5	French Fries	Mashed Potatos	Refried Beans	Salad & Tomatoes	Sausage Patty	
12/17	Carrot Sticks	Gravy & Green Beans		Garlic Toast	Tater Tots	
2/4		Bread & Butter			Dragon Punch Juice	
3/18						
4/29						
8/20	French Toast Sticks	Egg & Cheese Sandwich	Breakfast Pizza Sausage	Scrambled Eggs Toast & Jelly	Cinnamon Bread & Yogurt	485
10/1	Chicken Sandwich	Salisbury Steak	Chicken & Cheese	Beefy Mac & Cheese	French Bread pizza	698
11/12	Curly Fries	Mashed Potatos	Burrito & Salsa	Salad	Marinara	
12/31	Carrot Sticks	Gravy & Corn	Black Beans	Steamed broccoli	Green Beans	
2/11		Bread & Butter	WG Chez-its	Garlic Toast	WG Oatmeal Cookie	
3/25						
5/6						
8/27	Mini Waffles	Egg, Ch. & Pot. Wrap	Breakfast Pizza Bacon	Cheese Omelet Toast & Jelly	Cinnamon Rolls & Yogurt	487
10/8	BBQ Riblet Sandwich	Biscuit & Gravy	Walking Taco & Salsa	Cheese Ravioli & Marinara	Chili & Crackers	647
11/19	French Fries	Sausage Patty	Refried Beans	Salad & Garlic Toast	Sunbutter & Bread	
1/7	Cucumber Slices	Tater Tots			Celery & Carrot Sticks	
2/18		Dragon Punch Juice				
4/1						
5/13						
9/3	Mini Filled Bagel	Egg & Cheese Wrap	Breakfast Pizza Sausage	Ham, Egg & Cheese Combo Bar Toast & Jelly	Mini Donuts & Yogurt	469
10/15	Fish Sandwich	Country Fried Steak	Chili & Cheese Burrito & Salsa	Chicken Noodles	Mini Corn Dogs	651
11/26	Curly Fries	Mashed Potatos	Black Beans	Salad & St. Broccoli	Green Beans	
1/14	Tomato Wedges	Gravy & Corn	Lay's Baked Chips	Bread & Butter	Carrot Sticks	
2/25		Roll & Butter			WG Cho. Chip Cookie	
4/8						
5/20						
9/10	French Toast Sticks	Egg & Cheese Sandwich	Breakfast Pizza Bacon	Scrambled Eggs Toast & Jelly	Pumpkin Bread & Yogurt	488
10/22	Sloppy Joe Sandwich	Beef Teriyaki Bites	Walking Taco & Salsa	Lasagna Rolls & Marinara and Salad	Mandarin Orange	637
12/3	French Fries	Sweet Potato Bites	Refried Beans	Steamed Cauliflower	Chicken	
1/21	Cucumber Slices	Green Beans		Garlic Toast	Vegetable Fried Rice	
3/4		Bread & Butter			Egg Roll	
4/15					WG C Chip Cookie	
5/27						
9/17	Mini Waffles	Egg, Ch. & Pot. Wrap	Breakfast Pizza Sausage	Cheese Omelet Toast & Jelly	Apple/Cherry Frudel & Yogurt	487/700
10/29	Meatball Sub	Meatloaf	Nacho & Cheese & Salsa	Chicken Alfredo & Salad	Bosco Cheese Sticks & Marinara	Breakfast Price Student \$1.65 Adult \$1.65 Lunch Price Student \$2.75 Adult \$3.50 Milk \$.30
12/10	Curly Fries	Mashed Potatos	Black Beans	Steamed Broccoli	Creamy Cole Slaw	
1/28	Celery Sticks	Gravy & Corn	Carrot Sticks	Garlic Toast	Orange Sherbert Cup	
3/11		Bread & Butter				
4/22						
Other Options	Subway Sandwich Pizza Garden or Chef Salad	Turkey Panini Sandwich Pizza Garden or Chef Salad	Quesadilla Bites Pizza Garden or Chef Salad	Little Italy's Pizza Baked Potatos Garden or Chef Salad	Chicken Nuggets Pizza Garden or Chef Salad	

Lunch Meal Requirements
3 of 5 Items=
ONE MEAL
Must Choose
1 Fruit or Vegetable



Additional Information: All meals served with milk & fruit. Menus are subject to change.

SOUP WILL BE AVAILABLE FROM NOVEMBER—MARCH.
Cold Cut Sandwich on French Bread Roll also Available on W-Th-F