



# Carmichaels Area Middle – High School April 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> Mini Corn Dogs Augratin Potatoes Steamed Peas &amp; Carrots <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Buffalo Chicken Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Sticks</p>	<p><b>2</b> <b>Favorites:</b> Buffalo Chicken Dip w/ Chips Curly Fries Carrot &amp; Celery Sticks <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Chef Salad <b>Specialty:</b> Hot Italian Hoagie <b>Soup:</b> Chicken Tortilla</p>	<p><b>3</b> <b>Favorites:</b> Xtreme Grilled Cheese Sandwich Tomato Soup Steamed Carrots <b>Grab n Go:</b> Buffalo Chicken Wrap Chef Salad <b>Specialty:</b> French Bread Pizza <b>Soup:</b> Chicken Tortilla <b>NEW! FRUIT &amp; YOGURT BAR</b></p>	<p><b>4</b> <b>Favorites:</b> BBQ Rib Sandwich Potato Smiles Steamed Green Beans Coleslaw <b>Grab n Go:</b> Egg &amp; Tuna Salad Scoops Chicken Caesar Salad <b>Specialty:</b> Italian Flatbread Sandwich <b>Soup:</b> Chicken Tortilla</p>	<p><b>5</b> <b>Favorites:</b> Loaded Tator Tots w/ Chili, Cheese &amp; Toppings Steamed Broccoli Fish Sandwich Caesar Salad <b>Grab n Go:</b> Egg &amp; Tuna Salad Scoops Chicken Caesar Salad <b>Specialty:</b> Stuffed Crust Pizza <b>Soup:</b> Chicken Tortilla</p>
<p><b>8</b> <b>Favorites:</b> Lasagna Roll Up or Stuffed Shell w/ Breadstick Steamed Green Beans Caesar Salad <b>Grab n Go:</b> Italian Flatbread Peppi Pizza Salad <b>Specialty:</b> Cheddar Cheese Stuffed Pretzel Stick</p>	<p><b>9</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 <b>Soup:</b> Chicken Noodle</p>	<p><b>10</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> Italian Flatbread Sandwich <b>Soup:</b> Chicken Noodle <b>NEW! FRUIT &amp; YOGURT BAR</b></p>	<p><b>11</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> Grilled Chicken Breast &amp; Cheddar on Ciabatta <b>Soup:</b> Chicken Noodle</p>	<p><b>12</b> <b>Favorites:</b> Soft Pretzel w/ Queso Fish Sandwich Baked French Fries Coleslaw <b>Grab n Go:</b> Turkey &amp; Cheese Sub Fiesta Salad <b>Specialty:</b> Tuna Melt <b>Soup:</b> Chicken Noodle</p>
<p><b>15</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>16</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> Cheddar Ranch Chicken Breast Sandwich <b>Soup:</b> Baked Potato <b>NEW! FRUIT &amp; YOGURT BAR</b></p>	<p><b>17</b> <b>Favorites:</b> Roasted Turkey &amp; Stuffing 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>18</b>  Early Dismissal  No Lunch</p>	<p><b>19</b>  Easter Break  No School</p>
<p><b>22</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>23</b> <b>Favorites:</b> Hot Dog w/wo Chili &amp; Cheese BBQ Rib Baked 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>24</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 <b>Soup:</b> Vegetable <b>NEW! FRUIT &amp; YOGURT BAR</b></p>	<p><b>25</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> Chicken Breast BLT on Ciabatta <b>Soup:</b> Vegetable</p>	<p><b>26</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> Breaded Mozzarella Cheese Sticks w/ Marinara <b>Soup:</b> Vegetable</p>
<p><b>29</b> <b>Favorites:</b> Bosco Cheese Sticks w/Marinara Mixed Vegetables Caesar Salad <b>Grab n Go:</b> Turkey &amp; Cheese Wrap Buffalo Chicken Salad <b>Specialty:</b> Bacon Cheeseburger</p>	<p><b>30</b> <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</p>	<p><b>30</b>  This Institution is an Equal Opportunity Employer</p>	<p><b>30</b>  This Institution is an Equal Opportunity Employer</p>	<p><b>30</b>  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



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Middle – High School  
April 2019**

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

1  Sausage, Egg & Cheese Breakfast Slider	2  Breakfast Pizza & Assorted Muffins	3  Egg & Cheese Muffin	4  Breakfast Pizza & Assorted Muffins	5  Pillsbury Mini Cinni's
8  Pancake & Sausage on a Stick	9  Breakfast Pizza & Assorted Muffins	10  Sausage & Cheese Muffin	11  Breakfast Pizza & Assorted Muffins	12  Pillsbury Cherry or Apple Frudel
15  Mini Chocolate Chip French Toast	16  Breakfast Pizza & Assorted Muffins	17  Sausage, Egg & Cheese Breakfast Slider	18  Breakfast Pizza & Assorted Muffins	19  Easter Break  No School
22  Pillsbury Mini Cinni's	23  Breakfast Pizza & Assorted Muffins	24  Pillsbury Cherry or Apple Frudel	25  Breakfast Pizza & Assorted Muffins	26  Sausage & Cheese Muffin
29  Pancake & Sausage on a stick	30  Breakfast Pizza & Assorted Muffins			<p><b><u>Available DAILY</u></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>