



Carmichaels Area Middle – High School August – September 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>27 Favorites: Buffalo Chicken Dip w/ Chips Tator Tots Steamed Peas Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>28 Favorites: Steak & Cheese Hoagie or Wrap w/wo Peppers & Onions Curly Fries DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Stuffed Crust Pizza</p>	<p>29 Favorites: Chicken, Bacon & Cheddar Sandwich on Ciabatta BBQ Rib Sandwich Caesar Salad Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Hot Italian Hoagie</p>	<p>30 Favorites: Pulled BBQ Pork Sandwich French Fries Coleslaw DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Parmesan Sandwich</p>	<p>31 Favorites: Penne w/ Alfredo or Meat Sauce & Garlic Breadstick Steamed Broccoli Spears Caesar Salad Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheesy Garlic Flatbread</p>
<p>3 Labor Day No School</p>	<p>4 Favorites: Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Sweet Corn DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>5 Favorites: Breakfast Burrito or French Toast Sticks w/ Sausage Links Hashbrown Triangles Salad Bar: Buffalo Popcorn Chicken Salad Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Breakfast Pizza</p>	<p>6 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Breast BLT on Ciabatta</p>	<p>7 Favorites: Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans Salad Bar: Chicken Caesar w/WG Roll Grab n Go: Chicken BLT Wrap Peppi Pizza Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>
<p>10 Favorites: Buffalo Chicken Dip w/Chips Tator Tots Salad Bar: Buffalo Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Hot Italian Hoagie</p>	<p>11 Favorites: Mini Corn Dogs Augratin Potatoes Steamed Peas DELI BAR: Assorted Meats & Cheeses w/ Fresh Baked Bun Grab n Go: Turkey Bacon Club Sub Chef Salad Specialty: Hot Beef & Cheddar Sandwich</p>	<p>12 Favorites: Xtreme Grilled Cheese (3 Cheese, Bacon Cheddar, Jalapeno Popper) Tomato Soup Salad Bar: Chicken Caesar Salad w/Breadstick Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Bacon Cheeseburger</p>	<p>13 Favorites: Wrap Bar (BBQ, Plain or Buffalo) Tator Tots Roasted Corn & Black Beans DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Cheesy Garlic Flatbread</p>	<p>14 Favorites: Pulled BBQ Pork Sandwich Macaroni & Cheese Steamed Green Beans Coleslaw Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Tuna & Egg Salad Chicken Caesar Salad Specialty: Stuffed Crust Pizza</p>
<p>17 Favorites: Hot Ham & Cheese on Pretzel Bun w/ Honey Mustard Spiral Fries Steamed Carrot Coins Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Bacon Cheeseburger</p>	<p>18 Favorites: Soft Pretzel w/ Queso Sauce Italian Hoagie Dip w/ Chips Baked French Fries DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Chipotle Chicken on Ciabatta</p>	<p>19 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad Salad Bar: Taco Salad Grab n Go: Tuna & Egg Salad Fiesta Salad Specialty: Cheesy Garlic Flatbread</p>	<p>20 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Fortune Cookie DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chicken Ranch Wrap Fiesta Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>21 Favorites: Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans Salad Bar: Chicken Caesar w/WG Roll Grab n Go: Tuna & Egg Salad Fiesta Salad Specialty: Stuffed Crust Pizza</p>
<p>24 Favorites: Buffalo Chicken Dip w/ Chips Tator Tots Steamed Peas Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>25 Favorites: Steak & Cheese Hoagie or Wrap w/wo Peppers & Onions Curly Fries DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Stuffed Crust Pizza</p>	<p>26 Favorites: Grilled Chicken, Bacon & Cheddar on Ciabatta BBQ Rib Sandwich Caesar Salad Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Hot Italian Hoagie</p>	<p>27 Favorites: Pulled BBQ Pork Sandwich French Fries Coleslaw DELI BAR: Assorted Breads, Meats & Cheeses Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Parmesan Sandwich</p>	<p>28 Early Dismissal No Lunch 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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Middle – High School**
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BREAKFAST MENU
Paid \$1.00 Reduced \$.30

27 Pillsbury Mini Cinni's	28 Breakfast Pizza & Assorted Muffins	29 Sausage & Cheese Muffin	30 Breakfast Pizza & Assorted Muffins	31 Pancake & Sausage Wrap
Available DAILY 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	4 Breakfast Pizza & Assorted Muffins	5 Pancake & Sausage Wrap	6 Breakfast Pizza & Assorted Muffins	7 Egg & Cheese Muffin
10 Pancake & Sausage Wrap	11 Breakfast Pizza & Assorted Muffins	12 Sausage & Cheese Muffin	13 Breakfast Pizza & Assorted Muffins	14 Pillsbury Mini Cinni's
17 Pillsbury Cherry or Apple Frudel	18 Breakfast Pizza & Assorted Muffins	19 Pancake & Sausage Wrap	20 Breakfast Pizza & Assorted Muffins	21 Sausage & Cheese Biscuit
24 Pillsbury Mini Cinni's	25 Breakfast Pizza & Assorted Muffins	26 Sausage & Cheese Muffin	27 Breakfast Pizza & Assorted Muffins	28 Pancake & Sausage Wrap