

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Calories |
|---|--|---|--|---|--|----------------------------|
| 8/12 9/23 11/4 12/16 2/10 3/16 4/27 | Egg & Cheese on Bun Cheeseburger French Fries Carrot Sticks | Cinnamon Toast Or Cocoa Puffs Bar & Yogurt Popcorn Chicken Mashed Potato Gravy & Green Beans Bread & Butter | Bacon Breakfast Pizza Taco Salad & Salsa Refried Beans Mini Cookies | French Toast/Syrup Spaghetti/Meat Sauce Salad/Italian Steamed Cauliflower Garlic Toast | Scrambled Eggs Toast & Jelly Toasted Cheese Tater Tots Sliced Cucumber WG Carnival Cookie | Brk 472 Lunch 698 |
| 8/19 9/30 11/11 1/6 3/23 5/4 | Egg/Ch/Saus Wrap Animal Crackers Chicken Sandwich Curly Fries Carrot Sticks | Cinnamon Roll String Cheese Salisbury Steak Mashed Potato Gravy & Corn Bread & Butter | Sausage/Gravy Breakfast Pizza Garlic French Bread & Marinara Baked Beans Baked Lays Chips | Maple Pancakes/Syrup Beefy Mac & Cheese Salad Steamed Broccoli Garlic Toast | Cheese Omelet Toast & Jelly Fish Sandwich Green Beans Cucumber Slices WG Oatmeal Cookie | Brk 465 Lunch 685 |
| 8/26 10/7 11/18 1/13 2/17 3/30 5/11 | Egg & Cheese Muffin BBQ Riblet Sandwich French Fries Cucumber Slices | Strawberry or Cinnamon Bagels Chicken Tenders Mashed Potato/Gravy Green Beans | Sausage Breakfast Pizza Walking Taco & Salsa Refried Beans WG Cho Chip Cookie | Maple Waffles/Syrup Cheese Ravioli & Marinara Steamed Cauliflower Salad & Garlic Toast | Bacon & Cheese Scrambled Eggs Toast & Jelly Chili Gold Fish Crackers Celery & Carrot Sticks | Brk 459 Lunch 678 |
| 9/2 10/14 11/25 1/20 2/24 4/6 5/18 | Egg & Cheese Wrap WG Cheddar Bunnies Hot Dogs Curly Fries Carrot Sticks | Mini Donuts Country Fried Steak Mashed Potato Gravy & Corn Roll & Butter | Bacon Breakfast Pizza Beef & Ch Enchilada Salsa & Black Beans Chips/Cheese Sauce | Mini French Toast/Syrup Chicken Noodles Salad Steamed Broccoli Bread & Butter | Scrambled Eggs Toast & Jelly Mini Corn Dogs Green Beans Celery Sticks WG Carnival Cookie | Brk 459 Lunch 697 |
| 9/9 10/21 12/2 1/27 3/2 4/13 5/25 | Egg & Cheese on Bun Meatball/Marinara Sub French Fries Tomato Wedges | Apple & Cherry Frudels and Yogurt Beef Teriyaki Bites Mashed Potato/Gravy Green Beans Bread & Butter | Sausage/Gravy Breakfast Pizza Walking Taco & Salsa Refried Beans WG Oatmeal Cookie | Mini Strawberry Pancakes/Syrup Lasagna Rolls & Marinara and Salad Steamed Cauliflower Garlic Toast | Cheese Omelet Toast & Jelly Mandarin Orange Chicken Vegetable Fried Rice Egg Roll | Brk 457 Lunch 672 |
| 9/16 10/28 12/9 2/3 3/9 4/20 | Breakfast Taco Animal Crackers Sloppy Joe Sandwich Curly Fries Carrot Sticks | Banana Bread Meatloaf Mashed Potato Gravy & Corn Bread & Butter | Sausage Breakfast Pizza Cheese Bread Sticks & Marinara Baked Beans WG Cho Chip Cookie | Blueberry Waffles/Syrup Chicken Alfredo & Salad Steamed Broccoli Garlic Toast | Cheese Omelet Toast & Jelly Biscuit & Gravy Sausage Patty Tater Tots & Juice | Brk 474 Lunch 675 |
| Other Options | Subway Sandwich Garden or Chef Salad | Pizza Garden or Chef Salad | Quesadilla Bites Garden or Chef Salad | Little Italy's Pizza Garden or Chef Salad | Chicken Nuggets Garden or Chef Salad | |



Additional Information: All breakfasts served with fruit/juice/milk.
All lunches served with fruit/milk. Menus subject to change.

Breakfast Price: Student & Adult \$ 1.75 Milk \$.30
Lunch Price: Student \$ 2.85 Adult \$ 3.60 Milk \$.30

2019-
2020

Carlinsville Middle School Meals