



Carmichaels Area Middle – High School February 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 \$2.15
Reduced Lunch \$.40
Ala Carte Entrees
\$1.40-\$2.50

			<p>1 Favorites: 3 Cheese Calzone w/ Marinara Steamed Green Beans Caesar Salad DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Broccoli Cheddar Soup Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Hot Italian Hoagie</p>	<p>2 Favorites: Nacho Grande Bar Baked French Fries Refried Beans Salad Bar: Chicken Caesar w/WG Roll Soup: Broccoli Cheddar Soup Grab n Go: Chicken BLT Wrap Peppi Pizza Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>
<p>5 Favorites: Loaded Potato Bar (Tots or Wedges) Hot Dogs Chile & Cheese Baked Beans Salad Bar: Taco Salad w/ Tortilla Chips Grab n Go: Italian Wrap Chef Salad Specialty: Cheddar Stuffed Pretzel Sticks</p>	<p>6 Favorites: Dutch Waffle & Chicken Tenders or Mini Corn Dogs w/ Potato Smiles MTO Salad Bar: Chicken or Steak Salad w/Breadstick Soup: Chicken Noodle Grab n Go: Turkey Bacon Club Sub Chef Salad Specialty: Pizzadilla</p>	<p>7 Favorites: Xtreme Grilled Cheese (3 Cheese, Bacon Cheddar, Jalapeno Popper) Tomato Soup DELI BAR: Assorted Meats & Cheeses w/ Fresh Baked Bun Soup: Chicken Noodle Grab n Go: Italian Wrap Chicken Caesar Salad Specialty:Bacon Cheeseburger</p>	<p>8 Favorites: Wrap Bar (BBQ, Plain or Buffalo) Tator Tots Roasted Corn & Black Beans DELI BAR: Assorted Meats & Cheeses w/ Fresh Baked Bun Soup: Chicken Noodle Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Hot Italian Hoagie</p>	<p>9 Favorites: Maxed Out Mac & Cheese: Top w/ BBQ Pork, BBQ Chicken or Buffalo Chicken Steamed Green Beans Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Stuffed Crust Pizza</p>
<p>12 Favorites: Creamed Chicken & Biscuit Mashed Potatoes w/ Gravy Steamed Peas Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Hot Italian Hoagie</p>	<p>13 Favorites: Soft Pretzel w/ Queso Sauce Italian Hoagie Dip w/ Chips Baked French Fries MTO Salad Bar: Chicken Caesar Salad w/ Breadstick Soup: Vegetable Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Chicken Parm Sandwich</p>	<p>14 Favorites: Baja Fish Taco or Fish Sandwich Curly Fries Coleslaw DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Vegetable Grab n Go: Tuna & Egg Salad Fiesta Salad Specialty: Tuna Melt</p>	<p>15 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Fortune Cookie DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Vegetable Grab n Go: Chicken Ranch Wrap Fiesta Salad Specialty: Pizzadilla</p>	<p>16 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Bean Caesar Salad Salad Bar: Chicken Caesar w/WG Roll Grab n Go: Tuna & Egg Salad Fiesta Salad Specialty: Tuna Melt</p>
<p>19 Favorites: Penne w/ Chicken Alfredo Bread Stick Steamed Broccoli Spears Salad Bar: Buffalo Chicken Tender w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Parmesan Sandwich</p>	<p>20 Favorites: Mexi Grande Bar (Chips or Tortilla) ,Tator Tots Refried Beans MTO Salad Bar: Taco Salad Soup: Turkey Rice Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Hot Italian Hoagie</p>	<p>21 Favorites: Oven Fried Chicken Leg or Open Faced Meatloaf Sandwich AuGratin Potatoes Green Beans DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Turkey Rice Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>22 Favorites: Buffalo Chicken Dip & Chips Tator Tots Steamed Peas DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Turkey Rice Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Parmesan Sandwich</p>	<p>23 Favorites: Cheddar Cheese Filled Pretzel Sticks Fish Sandwich Steamed Carrot Coins Salad Bar: Popcorn Chicken w/WG Roll Soup: Turkey Rice Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Pizzadilla</p>
<p>26 Favorites: General Tso's Chicken w/ Rice Steamed Broccoli Spears Fortune Cookie Salad Bar: Chicken Caesar Salad Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>27 Favorites: Pulled BBQ Pork Sandwich French Fries Coleslaw MTO Salad Bar: Buffalo Chicken Salad Soup: Broccoli Cheese Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chipotle Chicken on Ciabatta</p>	<p>28 Favorites: Breakfast Burrito or French Toast Sticks w/ Sausage Links Hashbrown Potato DELI BAR: Fresh Baked Bun Assorted Meats & Cheeses Soup: Broccoli Cheese Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Breakfast Pizza</p>	<p>FISH WILL BE AVAILABLE EVERY FRIDAY DURING LENT</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> <p style="text-align: right;">sodexo Making every day a better day</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



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

	<p>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</p>		1 Breakfast Pizza & Assorted Muffins	2 Sausage & Cheese Biscuit
5 Pillsbury Cini Minni's Or Assorted Muffins	6 Breakfast Pizza & Assorted Muffins	7 Sausage & Cheese Muffin	8 Breakfast Pizza & Assorted Muffins	9 Pancake & Sausage Wrap
12 Bosco Egg & Bacon Breakfast Stick	13 Breakfast Pizza & Assorted Muffins	14 Pancake & Sausage Wrap	15 Breakfast Pizza & Assorted Muffins	16 Egg & Cheese Muffin
19 Pancake & Sausage Wrap	20 Breakfast Pizza & Assorted Muffins	21 Sausage & Cheese Muffin	22 Breakfast Pizza & Assorted Muffins	23 Bosco Egg & Bacon Breakfast Stick
26 Mini Blueberry Pancakes	27 Breakfast Pizza & Assorted Muffins	28 Pancake & Sausage Wrap		