



Carmichaels Area Middle – High School May 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
A la Carte Entrees
\$1.40-\$2.50

<p>1 Favorites: Loaded Potato Bar (Tots or Wedges) Hot Dogs Chili & Cheese Baked Beans DELI BAR: Assorted Meats & Cheeses w/ Fresh Baked Bun Soup: Chicken Noodle Grab n Go: Turkey Bacon Club Sub Chef Salad Specialty: Pizzadilla</p>	<p>2 Favorites: Xtreme Grilled Cheese (3 Cheese, Bacon Cheddar, Jalapeno Popper) Tomato Soup Salad Bar: Chicken Caesar Salad w/Breadstick Soup: Chicken Noodle Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Bacon Cheeseburger</p>	<p>3 Favorites: Wrap Bar (BBQ, Plain or Buffalo) Tator Tots Roasted Corn & Black Beans DELI BAR: Assorted Breads, Meats & Cheeses Soup: Chicken Noodle Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Hot Italian Hoagie</p>	<p>4 Favorites: Pulled BBQ Pork Sandwich Macaroni & Cheese Steamed Green Beans Coleslaw Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Italian Wrap Chicken Caesar Salad Specialty: Stuffed Crust Pizza</p>
<p>7 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Bean Caesar Salad Salad Bar: Popcorn Chicken w/WG Roll Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Bacon Cheeseburger</p>	<p>8 Favorites: Soft Pretzel w/ Queso Sauce Italian Hoagie Dip w/ Chips Baked French Fries DELI BAR: Assorted Breads, Meats & Cheeses Soup: Vegetable Grab n Go: Chicken Caesar Wrap Peppi Pizza Salad Specialty: Chipotle Chicken on Ciabatta</p>	<p>9 Favorites: Soft Tso's Chicken or French Toast Sticks w/ Sausage Links Hashbrown Triangles Salad Bar: Taco Salad Soup: Vegetable Grab n Go: Tuna & Egg Salad Fiesta Salad Specialty: French Bread Pizza</p>	<p>10 Favorites: General Tso's Chicken w/Rice Steamed Broccoli Spears Fortune Cookie DELI BAR: Assorted Breads, Meats & Cheeses Soup: Vegetable Grab n Go: Chicken Ranch Wrap Fiesta Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>
<p>14 Favorites: Pasta Bar w/ Breadstick: Penne w/ Meatsauce or Chicken Alfredo Steamed Sweet Peas Caesar Salad Salad Bar: Buffalo Popcorn Chicken w/WG Roll Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Cheddar Cheese Stuffed Pretzel Sticks</p>	<p>15 Favorites: Mexi Grande Bar (Chips or Tortilla) Tator Tots Refried Beans DELI BAR: Assorted Breads, Meats & Cheeses Soup: Chicken Tortilla Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Stuffed Crust Pizza</p>	<p>16 Favorites: Creamed Chicken & Biscuit Mashed Potatoes w/ Gravy Steamed Sweet Corn Apple Crisp Salad Bar: Steak Salad Soup: Chicken Tortilla Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Hot Italian Hoagie</p>	<p>17 Favorites: Steak & Cheese Hoagie or Wrap w/wo Peppers & Onions BBQ Rib Sandwich Curly Fries DELI BAR: Assorted Breads, Meats & Cheeses Soup: Chicken Tortilla Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Parmesan Sandwich</p>
<p>21 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>22 Favorites: Bosco Cheese Sticks w/ Marinara Steamed Green Beans Caesar Salad DELI BAR: Assorted Breads, Meats & Cheeses Soup: Broccoli Cheese Grab n Go: Chef Salad Wrap Turkey Club Salad Specialty: Chicken Breast BLT on Ciabatta</p>	<p>23 Favorites: Breakfast Burrito or French Toast Sticks w/ Sausage Links Hashbrown Triangles Salad Bar: Buffalo Popcorn Chicken Salad Soup: Broccoli Cheese Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Breakfast Pizza</p>	<p>24 Favorites: Oven Fried Chicken Leg w/Rice AuGratin Potatoes Steamed Peas DELI BAR: Assorted Breads, Meats & Cheeses Soup: Broccoli Cheddar Soup Grab n Go: Chicken BLT Wrap Spinach, Egg & Bacon Salad Specialty: Hot Italian Hoagie</p>
<p>28 No School Memorial Day</p>	<p>29 Favorites: Pulled BBQ Pork Sandwich Macaroni & Cheese French Fries Salad Bar: Chef's Choice Grab n Go: Chef's Choice Specialty: Chef's Choice</p>	<p>30</p>	<p>31 Cookout! Hamburger, Cheeseburger or Hot Dog, Baked Beans, Watermelon, Grapes, Milk, Brownie or Cookie</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;"> 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



**Carmichaels Area
Middle – High School
May 2018**

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>	<p>1 Breakfast Pizza & Assorted Muffins</p>	<p>2 Sausage & Cheese Muffin</p>	<p>3 Breakfast Pizza & Assorted Muffins</p>	<p>4 Pancake & Sausage Wrap</p>
<p>7 Pillsbury Cinni Mini's</p>	<p>8 Breakfast Pizza & Assorted Muffins</p>	<p>9 Pancake & Sausage Wrap</p>	<p>10 Breakfast Pizza & Assorted Muffins</p>	<p>11 Egg & Cheese Muffin</p>
<p>14 Pancake & Sausage Wrap</p>	<p>15 Breakfast Pizza & Assorted Muffins</p>	<p>16 Sausage & Cheese Muffin</p>	<p>17 Breakfast Pizza & Assorted Muffins</p>	<p>18 Pillsbury Cinni Mini's</p>
<p>21 Mini Blueberry Pancakes</p>	<p>22 Breakfast Pizza & Assorted Muffins</p>	<p>23 Pancake & Sausage Wrap</p>	<p>24 Breakfast Pizza & Assorted Muffins</p>	<p>25 Sausage & Cheese Biscuit</p>
<p>28 No School Memorial Day</p>	<p>29 Breakfast Pizza & Assorted Muffins</p>	<p>30 Chef's Choice & Assorted Muffins</p>	<p>31 Chef's Choice & Assorted Muffins</p>	