

**CHILD NUTRITION
DEPARTMENT
BECKY BAKER, DIRECTOR
591-2791**

**CARMAN-AINSWORTH
ELEMENTARY LUNCH MENU**

**THE NUMBER NEXT TO THE ENTRÉE IS THE
CARB COUNT. FRUIT AND VEGETABLE
COUNTS MAY BE FOUND ON OUR WEBSITE
UNDER CHILD NUTRITION**

CYCLE MENU SEPT. - DEC. 2013

**Student Price: \$1.80
Reduced—.40 and Free to
those who qualify.**

**Deposits to accounts may be
made by the week, month
or year.**

**Week—\$9.00
20 Days—\$36.00
Year—\$324.00**

**ALONG WITH DAILY
MENU YOGURT PRETZEL
BOATS ARE AVAILABLE
DAILY:**

**Yogurt, String Cheese, Soft
Pretzel Stick 51
Fruit
Vegetable
Milk**

**Students must take a fruit
or a vegetable to make a
meal. A hot vegetable is
offered daily as well as
what in on the menu for the
day.
Fruit choices are available
daily.**

	Mon	Tue	Wed	Thu	Fri
Cycle Week 1 9/3 9/30 10/28 11/25 12/16	Ham & Cheese on Goldfish Bread Or Mini Corn Dogs 18 Tater Tots Broccoli Buds/ Carrots/Dip Fruit Choices Milk	Bosco Sticks 32 Or Pepperoni Pizza 5" Round 39 Grape Tomatoes Celery/Carrots Sticks Fruit Choices Elf Grahams	Spaghetti w/Meat Sauce 30 Soft Pretzel Breadstick 32 Romaine Salad w/ Tomatoes Cucumber Slices/Dip Fruit Choices Milk	Chicken Nuggets 9 French Fries 20 Roll 18 Broccoli Buds/Cauliflower/ Dip Fruit Choices Milk	**Taco 43 Refried Beans Lettuce Tomatoes, Salsa Baby Carrots/Dip Fruit Choices Milk
Cycle Week 2 9/9 10/7 11/4 12/2	Breakfast for Lunch Pancakes 40 Sausage Links 0 Syrup Cup 31 Hash browns 15 Fruit Choices Fruit Juice Milk	Cheese Pizza 43 Or Cheesy Breadsticks 30 Grape Tomatoes Celery/Carrots Sticks	Baked Ravioli 30 Or Mac & Cheese 31 Apple Cinnamon Loaf 29 Steamed Broccoli w/ Cheese Fruit Choices Frozen Juice Bar 15	Popcorn Chicken 9 Mashed Potatoes 16 Gravy 6 Roll 18 Corn Grape Tomatoes Baby Carrots/Dip Fruit Choices Milk	Nachos w/Meat & Cheese 38 Refried Beans Lettuce & Tomato Fruit Choices Cocoa Krispie Granola Bar 27 Milk
Cycle Week 3 9/16 10/14 11/11 12/9	Cheeseburger 27 Or Hot Dog 21 French Fries 20 Baby Carrots/Dip Fruit Choices Elf Grahams Chocolate 20	Bosco Sticks 32 Pizza Sauce Cup 4Or Pepperoni Pizza 39 Celery & Carrots Sticks/Dip	Mini Corn Dogs 18 Tater Tots Or Baby Carrots/Broccoli Buds Fruit Choices Pudding Cup 26 Milk	Spaghetti w/Meat Sauce 30 Soft Pretzel Breadstick 32 Romaine Salad w/ Tomatoes Cucumber Slices/Dip Fruit Choices Milk	Homemade Grilled Cheese 36 Goldfish Crackers 14 Broccoli Buds/Baby Carrots Ranch Dip Fruit Choices Milk
Cycle Week 4 9/23 10/21 11/18 12/16	Chicken Nuggets 9 Sweet Tots Roll 18 Cucumbers & To- matoes Fruit Choices Milk	Cheese Pizza 5" Round 43 Lettuce/Tomato Salad w/Ranch Cup Celery/Carrots Sticks Fruit Choice	Nachos w/Meat and Cheese 38 Lettuce, Tomatoes, Corn & Black Bean Salsa Salsa Fruit Choices Pudding Cup 26	Calzone 35 Cucumbers Grape Tomatoes Fruit Choices Frozen Juice Bar 15 Milk	Breakfast for Lunch French Toast Sticks 24 Sausage Links 0 Syrup Cup 31 Hash browns 15 Fruit Choices Fruit Juice Milk

LOWFAT WHITE OR FAT FREE CHOCOLATE MILK OFFERED DAILY