

**FOOD & NUTRITION**  
 Becky Baker 591-3220

**CARMAN HIGH SCHOOL  
 LUNCH MENU**

**STUDENTS MUST TAKE A FRUIT OR  
 VEGETABLE TO MAKE A MEAL**

**CYCLE MENU SEPT. - DECEMBER 2013**

**FRESH AND HOT VEGETABLES OFFERED  
 DAILY**

**4 FRUIT CHOICES OFFERED DAILY**

LINES 1 & 2



**Student Price: \$2.25  
 Reduced—.40 and Free to  
 those who qualify.**

**OFFERED DAILY:**

**Chicken Sandwich/Doritos  
 Hot & Spicy Chicken Sand-  
 wich w/Doritos  
 Wraps/Doritos**

**Low Fat White & Fat  
 Free Chocolate Milk  
 Offered Daily**

**SALADS AVAIL-  
 ABLE DAILY  
 W/SOFT PRETZEL  
 BREADSTICK**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>Lines 1 &amp; 2            Cycle Week            1</b> 9/3 9/23 10/14 11/4 11/25 12/16	Calzones Chicken Quesadillas Philly Steak & Onion Broccoli /Grape Tomatoes—Dip Cup Fruit Choices Milk	Roasted BBQ Turkey on Bun Chili Cheese Fries Soft Pretzel Breadstick Carrots & Celery Sticks Dip Cup Fruit Choices Milk	Taco's Chicken Fajitas Corn & Black Bean Salsa Broccoli & Cauliflower Dip Cup Fruit Choices Milk	Chicken Alfredo w/Roll California Blend Vegetables Cucumbers & Green Peppers Ranch Dip Cup Fruit Choices Milk	Hot/Spicy Popcorn Chicken Basket w/ Celery Sticks & Dips Grape Tomatoes/ Broccoli Ranch Dip Cup Milk
<b>Lines 1 &amp; 2            Cycle Week            2</b> 9/9 9/30 10/21 11/11 12/2 12/23	Mashed Potato Bowls Broccoli & Cauliflower Fruit Choices Milk	Pulled Pork BBQ Sandwich Mostaccoli Soft Pretzel Breadstick Baked Beans Carrots/Celery Fruit Choices Milk	Calzones Pizza Quesadillas Baby Carrots Garden Salads w/ Tomatoes Fruit Choices Milk	Homemade Grilled Cheese Colossal Burgers Twister Fries Carrots & Celery Sticks Fruit Choices Milk	Honey BBQ Chicken Nuggets Basket w/ Celery Sticks & Dips Grape Tomatoes/ Broccoli—Dip Cup Fruit Choices Milk
<b>Lines 1 &amp; 2            CYCLE WEEK            3</b> 9/16 10/7 10/28 11/18 12/9	Roasted BBQ Turkey Sandwich Chili Cheese Fries w/ Soft Pretzel Breadstick Celery & carrots sticks w/Dip Or Fruit Choices Milk	Tacos Chicken Fajitas Refried Beans Broccoli & Cauliflower w/Dip Cup Fruit Choices Milk	Orange Chicken w/Rice Asian Blend Vegetables Baby Carrots Fruit Choices Milk	Hot Italian Meatball Sub Beef & Cheddar Baked Beans Fruit Choices Milk	Hot & Spicy Popcorn Bites 14 Seasoned Fries 22 Broccoli & Grape Tomatoes—Dip Fruit Choices Milk
<b>LINE 3</b>	<b>OFFERED DAILY            ON LINE 3:            PIZZA, MAC &amp;            CHEESE W/            TOPPINGS AND            APPLE CINNAMON            LOAF</b>	<b>BURGERS, PANINI'S            AND NACHOS W/            MEAT &amp; CHEESE</b>		<b>OFFERED DAILY ON LINE            4:            SUB BAR</b>	