

**CARMAN MIDDLE SCHOOL
LUNCH MENU 6-8**

**STUDENTS MUST TAKE A FRUIT OR
VEGETABLE TO MAKE A MEAL FRESH
AND HOT VEGETABLES OFFERED DAILY**

4 FRUIT CHOICES OFFERED DAILY

CYCLE MENU SEPT. - DECEMBER 2013

	Mon	Tue	Wed	Thu	Fri
Cycle Week 1 9/3 9/30 10/28 11/25	Chicken Quesadilla 38 Or Pepperoni Calzone 35 Broccoli /Grape Tomatoes—Dip Cup Fruit Choices Milk	Roasted BBQ Turkey on Bun 29 Or Chili Cheese Fries 58 Roll 18 Garden Salads w/ Tomatoes Baby Carrots	Corn Dogs 30 Or Orange Chicken/Rice Asian Blend Vegetables Celery & Carrot Sticks Fruit Choices Milk	Tacos 43 Or Hot Dog 21 Refried Beans w/Cheese & Salsa Lettuce & Tomato Fruit Choices Milk	Chicken Nuggets Honey BBQ 9 Mashed Potatoes 16 Gravy 6 Roll 18 Grape Tomatoes/ Broccoli—Dip Cup Fruit Choices
Cycle Week 2 9/9 10/7 11/4 12/2	Bacon Cheeseburger 27 Or Hamburger 27 Broccoli & Cauliflower Fruit Choices Oatmeal Bar Butter-scotch 23	Toasted Ham & Cheese Sub 31 Or Honey BBQ Rib on Bun 38 Fries seasoned 22 Baked Beans Carrots/Celery Fruit Choices	Cheesy Bosco Sticks 32 Pizza Sauce 9 Popcorn Chicken Basket 36 Baby Carrots Garden Salads w/ Tomatoes Fruit Choices	Pulled Pork BBQ Sandwich 39 Or Mostaccioli 53 Soft Pretzel Stick 32 Carrots & Celery Sticks Red & Green Pepper Slices Fruit Choices	Pepperoni Calzone 35 Or Hot Italian Meatball Sub 45 Grape Tomatoes/ Broccoli—Dip Cup Fruit Choices
Cycle Week 3 9/16 10/14 11/11 12/9	Chicken Nuggets 9 Soft Pretzel Stick 32 Peas Celery & carrots sticks w/Dip Or Homemade Grilled Cheese 36 Fruit Choices Elf Grahams Chocolate 20	Rotini w/Meatsauce 50 Garlic Toast 20 Or Pizza Quesadilla—41 Broccoli & Cauliflower w/Dip Cup Fruit Choices Milk	Cheesy Bosco Stick 32 Pizza Sauce 9 Or Corn Dog 30 Garden Peas Baby Carrots Fruit Choices Cocoa Krispie Granola Bar 27 Milk	Tacos 43 Or Chicken Fajitas 38 Refried Beans w/Cheese & Salsa Diced Tomatoes Shredded Lettuce Fruit Choices Milk	Hot & Spicy Popcorn Bites 14 Seasoned Fries 22 Broccoli & Grape Tomatoes—Dip Fruit Choices Milk
Cycle Week 4 9/23 10/21 11/18 12/16	Cheeseburger 27 Or Baked Ravioli 30 Garlic Toast 20 Green Beans Broccoli/Cauliflower Baby Carrots Fruit Choices Oatmeal Bar Chocolate 24	Hot Italian Meatball Sub 45 Or Chicken Tender Sub 45 Baked Beans 29 Baby Carrots & Grape Tomatoes/Dip Cup Fruit Choices Milk Milk	Chicken Alfredo w/ Roll 83 California Blend Vegetables 5 Fruit Choices Milk	Macaroni & Cheese 31 Apple Cinnamon Loaf 29 Steamed Broccoli w/ Cheese Baby Carrots Fruit Choices Milk	Popcorn Chicken 13 Seasoned Twister Fries 15 Roll 18 Carrots & Celery Ranch Dip Cup 2 Fruit Choices

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

OFFERED DAILY:

**Chicken Sandwich 39
Hot & Spicy Chicken Sandwich 37
Pizza (On Website)
Nachos w/Meat & Cheese 38**

Low Fat White & Fat Free Chocolate Milk Offered Daily

Carb Counts are the number next to each entrée

Carb Counts for Fruit and Vegetables may be found on our website under Child Nutrition

Salads Available Daily W/Soft Pretzel Breadstick