

# CARMIEL CLAY SCHOOLS MIDDLE SCHOOL MENU

**FALL**

**2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 	Stuffed Crust Pizza Sloppy Joe Sandwich Assorted Chicken Wraps Cobb Salad Baked Beans	Taco Tuesday! State Fair Corn Dog Turkey Club Sandwich Taco Salad Corn OR Refried Beans	French Toast Sticks w/ Sausage Links Cheeseburgers Yogurt Parfait or Smoothie BLT Salad Baked Fruit	Chicken Smackers w/ Roll Grilled Cheese Sandwich Turkey Club Sandwich Chicken Caesar Salad Mashed Potatoes w/ Gravy	Pizza Crunchers w/ Dip Assorted Croissant Sandwich Assorted Chicken Wraps Popcorn Chicken Salad Assorted Roasted Veggies
<b>WEEK 2</b> 	Pasta w/ Assorted Sauces Mini Corn Dogs Assorted Chicken Wraps Cobb Salad Green Beans	Assorted Chicken Sandwich Grilled Cheese Sandwich Turkey Club Sandwich Taco Salad Smiley Potatoes	Chicken Rice Bowl Assorted Burgers Yogurt Parfait or Smoothie BLT Salad Steamed Broccoli	Chicken Wings w/ Biscuit Sticks Pork Tenderloin Sandwich Turkey Club Sandwich Chicken Caesar Salad Assorted Roasted Veggies	Mozzarella Sticks Meatball Sub w/ Assorted Sauces Assorted Chicken Wraps Popcorn Chicken Salad Baked Beans
<b>WEEK 3</b> 	Chicken Nuggets w/ Breadstick Pizza Quesadilla Assorted Chicken Wraps Cobb Salad Green Beans	Hot Dog Assorted BBQ Pulled Pork Sandwich Turkey Club Sandwich Taco Salad Triangle Tater Tots	Lasagna Roll-ups w/ Garlic Toast Chicken Patty Sandwich Yogurt Parfait or Smoothie BLT Salad Steamed Broccoli	Chicken Tender w/ Roll Grilled Cheese Sandwich Turkey Club Sandwich Chicken Caesar Salad Baked Beans	Personal Pan Pizza Spicy Chicken Sandwich Assorted Chicken Wraps Popcorn Chicken Salad Assorted Roasted Veggies

### Daily Lunch Items:

Milk   Juice (T, Th)   Fresh Fruit & Vegetables   Hummus Entree (T, Th)   Entrée Garden Salad   PBJ Sandwich

<b>BREAKFAST</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Sandwich — Cereal Breakfast Bun Assorted Breakfast Bars Whole Grain Poptarts Fresh Fruit Milk & Juice	Pancake Sausage Stick — Cereal Breakfast Bun Assorted Breakfast Bars Whole Grain Poptarts Fresh Fruit Milk & Juice	Ham & Cheese Flatbread — Cereal Breakfast Bun Assorted Breakfast Bars Whole Grain Poptarts Fresh Fruit Milk & Juice	French Toast w/ Sausage — Cereal Breakfast Bun Assorted Breakfast Bars Whole Grain Poptarts Fresh Fruit Milk & Juice	Breakfast Sandwich — Cereal Breakfast Bun Assorted Breakfast Bars Whole Grain Poptarts Fresh Fruit Milk & Juice

#### Breakfast Includes:

1 Entrée Choice  
1-2 Fruit or Fruit Juice  
1 Low-Fat or Fat-Free Milk

Student Lunch \$2.65  
Adult Lunch \$3.40  
Breakfast \$1.35  
Milk \$0.60

#### Lunch Includes:

1 Entrée Choice  
1 Fruit Choice  
1-2 Vegetable Choice  
1 Low-Fat or Fat-Free Milk



August					September					October					November					December									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
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	5	6	7	8	9		9	10	11	12	13		7	8	9	10	11		4	5	6	7	8		9	10	11	12	13
	12	13	14	15	16		16	17	18	19	20		14	15	16	17	18		11	12	13	14	15		16	17	18	19	20
	19	20	21	22	23		23	24	25	26	27		21	22	23	24	25		18	19	20	21	22		23	24	25	26	27
	26	27	28	29	30		30						28	29	30	31			25	26	27	28	29		30	31			