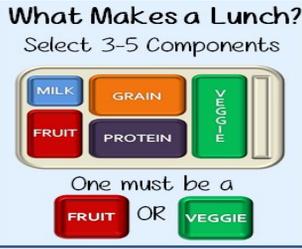




CAMS & CAHS Menus

Our focus at Carman-Ainsworth Child Nutrition is to provide nutritious meals for students. Our department has a well-trained staff dedicated to providing quality meals. Check us out @ www.carman.k12.mi.us for more Child Nutrition information.



Students need healthy meals to learn. C-A offers healthy meals every school day. Continuing into the 2025-2026 school year, we will be participating in the Community Eligibility Provision as part of the National School Lunch Program. Under this program, breakfast & lunch are free for all enrolled C-A students.

Breakfast & Lunch Menus August 2025 - January 2026

Our menus promote & provide fresh fruit /vegetables, whole grains, low-fat/fat-free dairy & milk products daily. Vegetable & fruit: Broccoli, Carrot, Celery, Cauliflower, Mini Cucumbers, Hummus Cup & Assorted fresh fruit

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Menu Hard Eggs, Pop Tarts & Cereal Choices	Breakfast Pizza Fruit Cup & Fresh Fruit	Avocado Toast Fruit Juice & Fresh Fruit	Acai Bowl & Cheese Stick Fruit Cup & Fresh Fruit	Chicken N Biscuit Fruit Juice & Fresh Fruit	WG Apple Cinnamon Scone Fruit Cup & Fresh Fruit
1	Chicken Drumstick Warm Buttery Biscuit Chef Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Mashed Ranch Potatoes	Pork Carnitas Citrus Tacos & Guacamole Italian Pasta Salad & Cheez-it Crackers Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Seasoned Oven Fries	Chicken Tenders WG Dinner Roll Chicken Caesar Salad & Gourmet Pretzel Roll Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Green Beans	Wild Mike's Pizza Taco Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Mixed Green Salad	Chicken Fajitas, Peppers & Onions Chicken, Spinach, Strawberry Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Hot Buttered Corn Fresh Avocado Half
2	Four Cheese Tortellini in Jalapeno Cheese Sauce Buttery Bread Stick Chef Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone	Korean BBQ Tacos Chicken, BBQ Sauce & Korean BBQ Seasoning, Cole Slaw, Salsa Italian Pasta Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone	Chicken Nuggets Warm Biscuit Chicken Caesar Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Old Bay Oven Fries	Stuffed Crust Pizza Taco Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Mixed Green Salad	Cajun Chicken Pasta Chicken, Alfredo Sauce, Penne Pasta, Red Peppers, Salsa & Cajun Seasoning Garlic Butter Bread Stick Chicken, Spinach, Strawberry Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone
3	Wild Mike's Cheese Sticks Marinara Sauce Chef Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Garlic Oven Fries	Teriyaki Chicken & Edamame Rice Bowl Chicken, Edamame, Red Peppers, Teriyaki Sauce & Cilantro Lime Rice Cheez-It Crackers Italian Pasta Salad & Tortilla Chips Beef Nachos Chicken Patty/Bun Yogurt Parfait Calzone	Bosco Sticks with Parmesan Cheese / Marinara Cup Chicken Caesar Salad & Tortilla Chips Beef Nachos Chicken Patty/Bun Yogurt Parfait Calzone Tater Tots	Pizza Mixed Green Salad Taco Salad & Tortilla Chips Beef Nachos Chicken Patty/Bun Yogurt Parfait Calzone Mixed Green Salad	Pulled Pork Fries Pork, Shredded Cheese, Texas Western Sauce, Jalapeno Peppers, Sour Cream & Tortilla Chips Chicken, Spinach, Strawberry Salad & Tortilla Chips Beef Nachos Chicken Patty/Bun Yogurt Parfait Calzone
4	Beefy Mexican Quinoa Corn & Black Beans, Quinoa, Salsa, Taco Meat, Fresh Cilantro, Guacamole & Tortilla Chips Chef Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone	Buffalo Chicken Mac Macaroni & Cheese, Buffalo Sauce, & Chicken Bites Italian Pasta Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone	Cheesy Turkey Burger & Turkey Bacon on Bun Chicken Caesar Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Seasoned Oven Fries	Pizza Quesadilla Mixed Green Salad Taco Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Mixed Green Salad	Famous Chicken Sandwich on Bun Two Pickles & Chick 'n Sauce Cup Chicken, Spinach, Strawberry Salad & Tortilla Chips Beef Nachos Spicy Chicken Patty on Bun Hamburger on Bun Yogurt Parfait Calzone Cajun Oven Fries

August / September 2025

S	M	T	W	T	F	S
	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2026

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan Week 2 Meal Plan Week 3 Meal Plan Week 4 Meal Plan