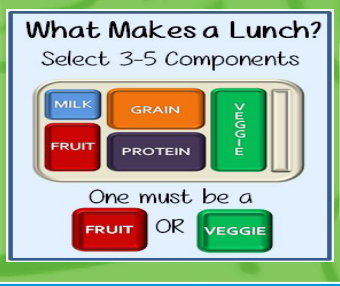
CAMS & CAHS Spring Menus

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 — February – June 2026

Daily Choices: Nachos, Spicy/Plain Chicken Patty on Bun, Yogurt Parfait, Calzone, Assorted Sandwich *CAMS* & Chicken Caesar Salad with Tortilla Chips *CAHS*

WEEK Breakfast Menu Additional Whole Grain Items Daily	MONDAY Breakfast Pizza Fruit Choices	TUESDAY Maple Pancake Wrap Fruit Choices	WEDNESDAY Bagel & Cream Cheese Fruit Choices	THURSDAY Fruit Filled Frudel Fruit Choices	FRIDAY Cheese Omelet & Biscuit Fruit Choices
1	Chicken Drumstick Warm Biscuit Mashed Potatoes & Gravy	Pork Carnitas Citrus Tacos Bean Vegetarian	Chicken Tenders Scooby Doo Graham Crackers Oven Fries	Diced Chicken Fajitas Peppers & Onions	Pizza Mixed Green Salad
2	Lasagna Roll Parmesan Bread Stick Green Beans	Korean BBQ Chicken Tacos Bean Vegetarian	Chicken Nuggets Dinner Roll Oven Fries	Alfredo, Chicken & Bacon Pasta Garlic Breadstick Hot Cinnamon Carrots	Pizza Mixed Green Salad
3	Tangerine Orange Chicken Vegetable Fried Rice Colors Cheddar Goldfish	Seasoned Beef Tacos Bean Vegetarian	Bosco Sticks with Parmesan Cheese Marinara Cup	Pulled Pork Fries Warm Biscuit	Pizza Mixed Green Salad
4	Beef Pretzel Hot Dog Oven Fries	Taco Seasoned Chicken Tacos Bean Vegetarian	Southern Style Chicken Breast Filet on Biscuit Sweet Potato Oven Fries	***CAMS*** Macaroni & Cheese Colors Cheddar Goldfish ***CAHS*** Buffalo Chicken Mac Macaroni & Cheese, Buffalo Sauce & Chicken Bites	Pizza Mixed Green Salad

Our menus promote & provide fresh fruit /vegetables, whole grains, low-fat/fat-free dairy & milk products daily.

Daily Choices: Broccoli, Baby Carrots, Grape Tomatoes, Cucumbers, Hummus & Assorted Fruit

Lunches provided by the National School Lunch Program meet 1/3 or more of recommended levels for key nutrients. – USDA

February					
M	T	W	T	F	
2	3	4	5	6	
9	10	11	12	13	
	17	18	19	20	
23	24	25	26	27	

March					
M	T	W	T	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	

April					
M	T	W	T	F	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	May 1	

May					
M	T	W	T	F	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21		
	26	27	28	29	

June Cook's Choice						

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

This institution is an equal opportunity provider.

Menu subject to change without notice