

Middle School Menu September 2009




Menu Prices for Middle School

Breakfast	Amount	Lunch	Amount
Student	\$1.25	Student	\$1.75
Reduced	\$0.30	Reduced	\$0.40
Adult	\$1.65	Adult	\$2.75
Extra Milk — \$0.50			

www.carrollcountyschools.com

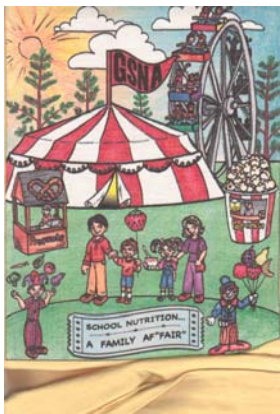
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK CHOICE IS SERVED WITH EACH MEAL.					
DAY	AUGUST 31	1	2	3	4
BREAKFAST	Chicken Biscuit or Breakfast Bun / Fruit	Biscuit Choice or Yogurt Cup w/ Toast & Jelly / Fruit	Biscuit Choice or Muffin w/ Cereal / Fruit	Chicken Biscuit or Breakfast Burrito / Peach Slices	Biscuit Choice or Breakfast Pizza / Fruit
LUNCH	Fish & Shrimp w/Cornbread & Au gratin Potatoes or Hamburger w/French Fries Choose 2: Creamy Cole Slaw / Fresh Vegetables w/Dip / Baked Beans / Juice Bar / Gelatin w/Fruit	Beef Taco on Loco Bread or Crispito w/Cheese Sauce Choose 2: Tossed Salad / Corn on Cob / Pinto Beans / Salsa w/Tortilla Chips / Rosey Applesauce / Orange Wedges	Pork Chop Patty w/Gravy or Chicken Tenders Choose 2: Wheat Roll / Creamed Potatoes / Green Beans / Blackeye Peas / Peach Slices / Fresh Apple Wedges	Spaghetti w/Meat Sauce w/ French Bread or Stuffed Crust Pepperoni Pizza Choose 2: Tossed Salad / Glazed Carrots / English Peas / Baked Cinnamon Apples / Pudding w/ Topping	Chicken Sandwich w/ Baked Chips or Hot Ham & Cheese w/ Hashbrown Patty Choose 2: Pasta Salad / Lettuce, Tomato, Dill Slice / Fresh Veggies w/Dip / Pear Salad / Brownie / Nectarine
SALAD	Chef Salad	Caesar Salad	Chef Salad	Caesar Salad	Smuckers Sack Lunch

	7	8	9	10	11
DAY					
BREAKFAST		Biscuit Choice or Cinnamon Glazed French Toast Sticks w/ Syrup / Fruit	Biscuit Choice or Muffin w/ Cereal / Fruit	Biscuit Choice or Breakfast Burrito / Fruit	Biscuit Choice or Cinnamon Roll / Fruit
LUNCH	<i>Labor Day Holiday</i> 	BBQ Sandwich or Honey Wheat Corndog Choose 2: Creamy Cole Slaw / Au gratin Potatoes / Baked Beans / Fresh Grape Cup / Orange Sherbet	Beef Nachos w/Cheese Cup or Stuffed Crust Cheese Pizza Choose 2: Tossed Salad / Pinto Beans / Steamed Corn / Applesauce w/Cherry Garnish / Fruit Cobbler	Country Fried Steak w/Gravy & Roll or Chicken Teriyaki w/Roll Choose 2: Steamed Broccoli w/ Cheese / Steamed Cabbage / Vegetable Rice / Rosey Pear Halves / Fruit Cocktail	Lasagna w/Garlic Bread or Cheese Sticks w/Marinara Sauce Choose 2: Tossed Salad / Sherbet / Steamed Baby Carrots / Seasoned Green Beans / Strawberry-Banana Cup / Orange Wedges
SALAD		Tuna Salad Plate	Asian Chicken Salad	Tuna Salad Plate	P. B. & J. Sack Lunch



MENU IS SUBJECT TO CHANGE.

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



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Extra Milk — \$0.50

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MILK CHOICE IS SERVED WITH EACH MEAL.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY	14	15	16	17	18
BREAKFAST	Biscuit Choice or Grilled Cheese Sandwich / Fruit	Biscuit Choice or Egg, Grits, & Toast / Fruit	Biscuit Choice or Breakfast Pizza / Fruit	Biscuit Choice or Honey Wheat Breakfast Bar / Fruit	Biscuit Choice or Yogurt & Cereal / Fruit
LUNCH	Turkey Cheese Melt or Beef Hotdog Choose 2: Macaroni & Cheese / Baby Green Lima Beans / California Blend Vegetables / Apple Salad	Sloppy Jo or Chicken Tender Sandwich Choose 2: French Fries / Fresh Veggies w/Dip / Ranch Style Beans / Carrot-Raisin Salad / Frosty Peach Slices / Fresh Grape Cup / Oatmeal Raisin Cookie	Cheese Enchiladas (2) w/Salsa Garnish or Beef Tacos (2) Choose 2: Tossed Salad / Pinto Beans / Steamed Corn / Banana Pudding / Pear Salad w/Topping and Cherry	Rib-B-Q or Cheeseburger Choose 2: French Fries / Broccoli w/Cheese Sauce / Fresh Vegetables w/Dip / Pineapple Tidbits w/Kiwi / Wacky Cake	Popcorn Chicken w/Roll or Pork Chop Patty w/Gravy w/Roll Choose 2: Creamed Potatoes / Seasoned Green Beans / Blackeye Peas / Peach Halves w/Cottage Cheese / Fresh Fruit Cup
SALAD	Chef Salad	Caesar Salad	Chef Salad	Caesar Salad	Smuckers Sack Lunch

DAY	21	22	23	24	25
BREAKFAST	Sausage Biscuit or Pancake on a Stick / Fruit	Chicken Biscuit or Breakfast Bun / Fruit	Biscuit Choice or Yogurt Cup w/ Toast & Jelly / Fruit	Biscuit Choice or Muffin w/ Cereal / Fruit	Chicken Biscuit or Breakfast Burrito / Peach Slices
LUNCH	Beef, Bean & Cheese Burrito w/ Spanish Rice or Pizza Dippers w/ Steamed Corn Choose 2: Tossed Salad / Glazed Carrots / Fresh Pear / Applesauce w/Garnish / Chocolate Chip Cookie	Fish & Shrimp w/Cornbread & Au gratin Potatoes or Hamburger w/French Fries Choose 2: Creamy Cole Slaw / Fresh Vegetables w/Dip / Baked Beans / Juice Bar / Gelatin w/Fruit	Beef Taco on Loco Bread or Crispito w/Cheese Sauce Choose 2: Tossed Salad / Corn on Cob / Pinto Beans / Salsa w/Tortilla Chips / Rosey Applesauce / Orange Wedges	Pork Chop Patty w/Gravy or Chicken Tenders Choose 2: Wheat Roll / Creamed Potatoes / Green Beans / Blackeye Peas / Peach Slices / Fresh Apple Wedges	Spaghetti w/Meat Sauce w/ French Bread or Stuffed Crust Pepperoni Pizza Choose 2: Tossed Salad / Glazed Carrots / English Peas / Baked Cinnamon Apples / Pudding w/Topping
SALAD	Asian Chicken Salad	Tuna Salad Plate	Asian Chicken Salad	Tuna Salad Plate	Smuckers Sack Lunch



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