



Middle School Menu January 2019

www.carrollcountyschools.com

Fresh Fruit Bowl and water are available daily for Breakfast and Lunch.

LoFat or Fat Free Milk Choice is served with each meal.

ALA CARTE SALES (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

| | |
|---|---------------------------------|
| Extra Milk — \$0.50 | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75 | All Extra Side Dishes — \$0.50 |
| Rice Krispie Treat — \$1.00 | Cookie (1) — \$0.50 |
| Soft Pretzel — \$1.00 | Cheese Sauce Cup — \$0.50 |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) | |

Menu Prices for Middle School

| Breakfast | Amount | Lunch | Amount |
|-----------|--------|---------|--------|
| Student | \$1.35 | Student | \$2.40 |
| Reduced | \$0.30 | Reduced | \$0.40 |
| Adult | \$1.75 | Adult | \$3.50 |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|--------|-----------|--|--|---|
| Day | | January 1 | 2 | 3 | 4 |
| Breakfast | | | Teacher Work Day No School for students | Biscuit Choice or Cheese Grits w/Toast / Juice / Fruit | Biscuit Choice or Pancake on a Stick / Juice / Fruit |
| Choose 1 Lunch Entrée or Salad Choice | | | | Crispito (2) or Chicken Fajitas | Hamburger or Deli Sandwich |
| Must Choose at Least 1: | | | | Pinto Beans / Spanish Rice / Lettuce-Tomato Cup / Cherry Applesauce / Fresh Pear | Lettuce, Tomato, Dill Slice / Carrot & Celery w/Dip / Baked Veggie Fries / Juice Bar / Pear Salad / Juice Cup |
| or Salad | | | | Asian Chicken Salad | PBJ Sack |

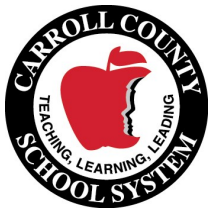
| Day | 7 | 8 | 9 | 10 | 11 |
|---------------------------------------|--|---|---|--|---|
| Breakfast | Biscuit Choice or Mini Muffins w/ Cereal / Juice / Fruit | Biscuit Choice or Cereal w/Pop Tart / Juice / Fruit | Biscuit Choice or Breakfast Pizza / Juice / Fruit | Biscuit Choice or Honey Wheat Bun / Juice / Fruit | Biscuit Choice or Oatmeal w/ Cinnamon Toast / Juice / Fruit |
| Choose 1 Lunch Entrée or Salad Choice | Wild Mike's Pepperoni Pizza or Lasagna w/Roll | Country Fried Steak w/Gravy or Chicken Tenders | Sloppy Jo or Extreme Beans & Cheese Burrito | Chicken Filet Sandwich or Ham & Cheese Croissant | Manager's Choice |
| Must Choose at Least 1: | Spinach Salad w/Strawberries & Nuts / Corn on Cob / California Blend Veggies / Applesauce / Dragon Punch Juice | Yeast Roll / Creamed Potatoes / Peas & Carrots / Green Beans / Fruit Cocktail / Orange Wedges | Baked Potato w/Margarine & Sour Cream / Broccoli & Cheese / Romaine Salad / Baked Cinnamon Apple Slices / Cry Baby Frozen Fruit Cup | Baked Fries / Lettuce, Tomato, Dill Slice / Roasted Corn & Black Bean Fiesta w/Tortilla Chips / Jello w/Fruit / Peach Slices | Please see individual schools for menu choices today. |
| Salad | Grilled Chicken Salad Plate | Chef Salad | Grilled Chicken Salad Plate | Chef Salad | Grilled Chicken Salad Plate |

Middle Schools with Salad Bar

| MS w/Salad Bar | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|-----------------|------------------------|---|------------------------|---|
| | Grilled Chicken | Diced Ham w/Boiled Egg | Baked Potato Bar w/Chili, Sour Cream & Steamed Broccoli | Pretzel w/Cheese Sauce | Pimento Cheese Sandwich or PBJ Sandwich |

MENU IS SUBJECT TO CHANGE.

This institution is an equal opportunity provider.



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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|---|--|---|---|--|
| Day | 14 | 15 | 16 | 17 | 18 |
| Breakfast | Biscuit Choice or Mini Pancakes / Juice / Fruit | Biscuit Choice or Pancake on a Stick / Juice / Fruit | Biscuit Choice or Mini Cinnis / Juice / Fruit | Biscuit Choice or Mini French Toast / Juice / Fruit | Biscuit Choice or Breakfast Burrito / Juice / Fruit |
| Choose 1 Lunch Entrée or Salad Choice | Chicken Stir Fry w/ Egg Roll or Max Stix w/Marinara Sauce or Queso Cheese Sauce | Basil Boss Pepperoni Pizza or Beef & Cheese Nachos | Oven Baked Chicken or Homemade Country Fried Steak | Black Bean Chili w/Saltines or Hot Ham & Cheese Sandwich | BBQ Sandwich or Catfish w/Hushpuppies |
| Must Choose at Least 1: | Corn on Cob / Green Beans / Romaine Salad / Orange Wedges / Tropical Fruit Mix | Cafeteria Caviar w/Chips / Broccoli Salad / Pinto Beans / Juice Bar / Sliced Peaches | Biscuit / Creamed Potatoes / Brussel Sprouts / Glazed Carrots / Strawberry-Banana Cup / Juice Cup | Pasta Salad / Veggies w/Dip / Deli Roasters / Fruit Parfait / Rosey Pear Halves (2) | Au Gratin Potatoes / Steamed Broccoli / Baked Beans / Sherbet / Fresh Plum |
| or Salad | Yogurt Plate w/Fruit | Southwestern Plate | Yogurt Plate w/Fruit | Southwestern Plate | PBJ Sack |

| Day | 21 | 22 | 23 | 24 | 25 |
|--|----------------------------|--|--|--|---|
| Breakfast | Martin Luther King Holiday | Biscuit Choice or Breakfast Pizza / Juice / Fruit | Biscuit Choice or Cereal w/Muffin / Juice / Fruit | Biscuit Choice or Cheese Toast & Cereal / Juice / Fruit | Manager's Choice Juice / Fruit |
| Choose 1 Lunch Entrée or Salad Choice if offered | | Chili Hot Dog or Mini Burgers | Chicken Biscuit or Pancakes w/Sausage Patties (2) | Tacos (2) or Stuffed Crust Cheese Pizza | Manager's Choice |
| Must Choose at Least 1: | | Potato Roasters / Veggie w/Dip / Cole Slaw / Glazed Apple Wedges / Juice Bar / Trail Mix | Tater Tot Casserole / Cheese Grits / Yogurt Parfait / Wango-Mango Juice Cup / Lime Jello w/Fruit & Topping / Grapefruit Wedges | Lettuce-Tomato Cup / Steamed Whole Kernel Corn / Veggies w/Dip / Peach Halves / Frozen Fruit Ice Cup | Please see individual schools for menu choices today. |
| Salad | | Chef Salad | Grilled Chicken Salad Plate | Chef Salad | PBJ Sack |

Middle Schools with Salad Bar

| MS w/Salad Bar | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|-----------------|------------------------|------------|------------------------|---|
| | Grilled Chicken | Diced Ham w/Boiled Egg | Tuna Salad | Pretzel w/Cheese Sauce | Pimento Cheese Sandwich or PBJ Sandwich |



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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|---|--|--|---|--|
| Day | 28 | 29 | 30 | 31 | February 1 |
| Breakfast | Biscuit Choice or Muffin w/Yogurt / Juice / Fruit | Biscuit Choice or Breakfast Pizza/ Juice / Fruit | Biscuit Choice or Mini Cinnis / Juice / Fruit | Biscuit Choice or Pancake on a Stick / Juice / Fruit | Biscuit Choice or Muffin & Yogurt / Juice / Fruit |
| Choose 1 Lunch Entrée or Salad Choice | Meat Loaf or Steak w/Gravy | Chicken & Broccoli Alfredo w/ Texas Toast or Stuffed Crust Pepperoni Pizza | BBQ Chicken or Fish & Shrimp | Hamburger or Deli Sandwich | Crispito (2) or Chicken Fajitas |
| Must Choose at Least 1: | Roll / Creamed Potatoes / Blackeye Peas / Brussel Sprouts / Sliced Peaches / Fresh Apple Slices | Green Peas / Garden Salad / Whole Kernel Corn / Blood Orange Slices / Pear Salad / RIPS Frozen Juice | Cornbread / Green Beans / Macaroni & Cheese / Cole Slaw / Frozen Fruit Cup / Grape Cluster | Lettuce, Tomato, Dill Slice / Carrot & Celery w/Dip / Baked Veggie Fries / Pear Salad / Juice Cup | Pinto Beans / Spanish Rice / Lettuce-Tomato Cup / Cherry Applesauce / Fresh Pear |
| or Salad | Yogurt Plate w/Fruit | Asian Chicken Salad | Yogurt Plate w/Fruit | Asian Chicken Salad | PBJ Sack |

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