






# CARVER/MIDDLE High School

August 28 ~ September 8, 2017

## BREAKFAST AND LUNCH MENU

Lunch is \$2.75 and .40 for Reduced  
Breakfast is \$1.75 and .30 for Reduced

CAFÉ NEWS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CAFÉ NEWS
For optimum value and nutrition we encourage students to select a complete meal Protein, Whole Grains, Fruits & Vegetables & Milk	<b>28</b> <b>WELCOME BACK!</b>	<b>29</b> <b>First Day</b> Buffalo Chicken on a Bun Smiley "Fries" Fresh Carrot Sticks Apple	<b>30</b> Nacho Supreme (Beef & Cheese) Lettuce & Tomato Corn / Salsa Refried Beans Sugar Cookie Fresh Fruit	<b>31</b> <b>SAL'S PIZZA</b> (Cheese or White Garlic) Caesar Salad Apple Cobbler w/ Topping	<b>1</b> <b>No School</b> 	<b>A-list snacks \$1.00</b> <b>Ala Carte Milk .60</b> <b>Milk choices from Garelick Farms Tru-Moo</b> <b>1% White</b> <b>Both are Non GMO and Antibiotic Free</b>
<b>Bagel &amp; Salad Station Include</b> <b>Cheese Sticks</b> <b>Protein</b> <b>Fruit &amp; Vegetable</b> <b>Smucker's PBJ</b>	<b>4</b> 	<b>5</b> Meatball Sub Oven Baked <i>Fries</i> side of Spinach Chilled Peaches Fresh Fruit	<b>6</b> Chicken Caesar Wrap <i>Harvest Chips</i> Fresh Celery Sticks Baked Cookie Fresh Fruit	<b>7</b> Chicken Patty on a Bun Pasta Salad side of Italian Stewed Tomatoes Chilled Pears	<b>8</b> <i>Gilardi</i> Real Slice (Cheese or Pepperoni) Garden Salad Roasted Chick Peas Chilled Mixed Fruit Fresh Fruit	To make online payments and keep up to date, visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> There you can set-low balance alerts & watch your child's activity
Premium Salads \$4.00 A premium sized salad with Protein Pita Pocket Fruit & Milk Dressing	<b>28</b> 	<b>29</b> Chicken Caesar Salad	<b>30</b> Chicken Caesar Salad	<b>31</b> Crispy Chicken Salad w/Bacon & Egg	<b>1</b> <b>No School</b> 	
	<b>4</b> <b>Labor Day</b> <b>No School</b>	<b>5</b> Greek Salad w/ Grilled Chicken	<b>6</b> Greek Salad w/ Grilled Chicken	<b>7</b> Teriyaki Chicken & Mandarin Orange Salad	<b>8</b> Teriyaki Chicken & Mandarin Orange Salad	<b>The Food Service Department is looking for Substitute Food Service workers. If interested call or email Kathleen Farrar <a href="mailto:farrark@carver.org">farrark@carver.org</a> (508) 866-6137</b>
<b>START YOUR DAY WITH BREAKFAST EVERY DAY!</b>	<b>Hot Breakfast Sandwich</b> <b>Fruit</b> <b>100% Juice Cup</b>	<b>Hot Breakfast Sandwich</b> <b>Fruit</b> <b>100% Juice Cup</b>	<b>Assorted Breakfast Pastries</b> <b>Fruit</b> <b>100% Juice Cup</b>	<b>Hot Breakfast Sandwich</b> <b>Fruit</b> <b>100% Juice Cup</b>	<b>Hot Breakfast Sandwich</b> <b>Fruit</b> <b>100% Juice Cup</b>	<b>Questions or comments?</b> Contact Kathleen Farrar Director Food Services <a href="mailto:farrark@carver.org">farrark@carver.org</a>





The USDA is an Equal Opportunity Provider and Employer. All menus are subject to change due to availability of product.

# CARVER/MIDDLE High School

September 11 ~ 22, 2017

## BREAKFAST AND LUNCH MENU

Lunch is \$2.75 and .40 for Reduced  
Breakfast is \$1.75 and .30 for Reduced

CAFÉ NEWS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CAFÉ NEWS
For optimum value and nutrition we encourage students to select a complete meal Protein, Whole Grains, Fruits & Vegetables & Milk	<b>11</b> Ham & Cheese Sub Sweet Potato Fries <i>R.F. Doritos</i> Craisins Fresh Fruit 	<b>12</b> Chicken Nuggets w/ Dipping Sauce Steamed Broccoli Chilled Pears Fresh fruit	<b>13</b> <i>Papa Gino's Pizza</i> Fresh Garden Salad Chilled Mixed Fruit Fresh Fruit	<b>14</b> Rodeo Burger (w/ Cheddar, Onion Rings & B.B.Q) on a Seeded Bun Fresh Coleslaw Chilled Pineapple Fresh Fruit	<b>15</b> Buffalo Chicken Tender Sub Celery Sticks <i>Harvest SunChips</i> Chilled Applesauce Fresh Fruit	<b>A-list snacks \$1.00</b> <b>Ala Carte Milk .60</b> <b>Milk choices from Garelick Farms Tru-Moo 1% White</b> <b>Both are Non GMO and Antibiotic Free</b>
<b>Bagel &amp; Salad Station Include Cheese Sticks Protein Fruit &amp; Vegetable Smucker's PBJ</b>	<b>18</b> Grilled Cheese Caprise Salad (w/ Basil, Tomatoes & Mozzarella) Pretzel Goldfish Chilled Peaches Fresh Fruit	<b>19</b> Beef & Cheese Taco Lettuce & Tomato Corn / Salsa Refried Beans Sliced Apples Fresh Fruit	<b>20</b> <b>EARLY RELEASE</b> <b>No Lunch</b>	<b>21</b> Chicken Fillet on a Bun Cucumber Coins Chilled Pears Fresh Fruit	<b>22</b> Stuffed Crust Pizza (Cheese or Roni) Fresh Spinach Salad Chilled Pears Fresh Fruit	To make online payments and keep up to date, visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> There you can set-low balance alerts & watch your child's activity
Premium Salads \$4.00 A premium sized salad with Protein Pita Pocket Fruit & Milk Dressing	<b>11</b> Buffalo Chicken Salad	<b>12</b> Buffalo Chicken Salad	<b>13</b> Assorted Salads	<b>14</b> Chicken Caesar Salad	<b>15</b> Chicken Caesar Salad	
	<b>18</b> Crispy Chicken w/ Bacon & Egg Salad	<b>19</b> Crispy Chicken w/ Bacon & Egg Salad	<b>20</b> 	<b>21</b> Grilled Chicken w/ <i>Craisins</i> & Seeds Salad	<b>22</b> Grilled Chicken w/ <i>Craisins</i> & Seeds Salad	<b>The Food Service Department is looking for Substitute Food Service workers. If interested call or email Kathleen Farrar <a href="mailto:farrark@carver.org">farrark@carver.org</a> (508) 866-6137</b>
<b>START YOUR DAY WITH BREAKFAST EVERY DAY!</b>	<b>Hot Breakfast Sandwich Fruit 100% Juice Cup</b>	<b>Hot Breakfast Sandwich Fruit 100% Juice Cup</b>	<b>Assorted Breakfast Pastries Fruit 100% Juice Cup</b>	<b>Hot Breakfast Sandwich Fruit 100% Juice Cup</b>	<b>Hot Breakfast Sandwich Fruit 100% Juice Cup</b>	<b>Questions or comments?</b> Contact Kathleen Farrar Director Food Services <a href="mailto:farrark@carver.org">farrark@carver.org</a>

The USDA is an Equal Opportunity Provider and Employer. All menus are subject to change due to availability of product.