


# CARVER/MIDDLE High School

## October 23 ~ November 3, 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>23</b> Chicken Fajita Corn Spanish Rice Refried Beans Chilled Peaches Fresh Fruit	<b>24</b> Rodeo Burger w/ Onion Rings & Cheddar Cheese Cole Slaw Chilled Mixed Fruit Fresh Fruit	<b>25</b> Chicken Nuggets Macaroni Salad Steamed Broccoli Chilled Pears Fresh Fruit	<b>26</b> Chicken Caesar Wrap Fresh Carrot Sticks Harvest Sun Chips Blueberry Cobbler w/ Topping Fresh Fruit	<b>27</b> <i>SAL'S PIZZA</i> (Cheese or Garlic) Garden Salad Roasted Chick Peas Chilled Apples 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>30</b> Turkey & Bacon Sub Smiley Fries Fresh Celery Sticks Chilled Pears Fresh fruit	<b>31</b> <b>Happy Halloween</b> Beef Taco w/ Cheese Lettuce & Tomatoes Salsa / Corn/ Fruit Pumpkin Cookie 	<b>1</b> Papa Gino's Pizza (Cheese or Roni) Garden Salad Chilled Applesauce Fresh Fruit	<b>2</b> Chicken, Broccoli & Ziti Dinner Roll Chilled Mixed Fruit Fresh Fruit	<b>3</b> Chicken Patty on a Bun Lettuce & Tomatoes Fresh Carrot Sticks Pretzel Goldfish	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>23</b> Chicken Teriyaki & Mandarin Orange Salad	<b>24</b> Chicken Teriyaki & Mandarin Orange Salad	<b>25</b> Assorted Salads	<b>26</b> Greek Salad w/ Grilled Chicken	<b>27</b> Greek Salad w/ Grilled Chicken	
	<b>30</b> Chicken Caesar Salad	<b>31</b> Chicken Caesar Salad	<b>1</b> Assorted Salads	<b>2</b> Buffalo Chicken Salad w/ Celery	<b>3</b> Buffalo Chicken Salad w/ Celery	<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>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>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.*