

CARVER/MIDDLE High School

October 9 ~ 20, 2017

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

BREAKFAST AND LUNCH MENU

| 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 | 9 No School Columbus Day  | 10 American Chop Suey Warm Bread Stick Steamed Green Beans Chilled Blueberries Fresh Fruit | 11 Grilled Cheese Sandwich Oven Baked <i>Fries</i> Steamed Carrots Chilled Pears Fresh Fruit | 12 Chicken Nuggets w/ Dipping Sauce Macaroni & Cheese Steamed Broccoli Chilled Sliced Apples Fresh Fruit | 13 Ind. Pan Pizza (cheese or Roni) Garden salad Roasted Chick Peas Chilled Peaches Fresh Fruit | A-list snacks \$1.00 Ala Carte Milk .60 Milk choices from Garelick Farms Tru-Moo 1% White Both are Non GMO and Antibiotic Free |
| Bagel & Salad Station Include Cheese Sticks Protein Fruit & Vegetable Smucker's PBJ | 16 Buffalo Chicken Wrap Spanish Rice Refried Beans Fresh Celery Sticks Chilled Applesauce Fresh fruit | 17 Shepard's Pie (Beef, Corn, Mashed & Gravy) Dinner Roll Chilled Mixed Fruit Fresh Fruit | 18 Papa Gino's Pizza (Cheese or Roni) Fresh Spinach Salad Chilled Peaches Fresh Fruit | 19 Early Release No Lunch  | 20 Chicken Tender Sub Fresh Carrot Sticks Harvest Chips Chilled Pears Fresh Fruit | To make online payments and keep up to date, visit www.myschoolbucks.com 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 | 9  <small>shutterstock · 64626544</small> | 10 Buffalo Chicken Salad | 11 Buffalo Chicken Salad | 12 Crispy Chicken Egg & Bacon Salad | 13 Crispy Chicken Egg & Bacon Salad |  |
|  | 16 Greek Salad w/ Grilled Chicken | 17 Greek Salad w/Grilled Chicken | 18 Chicken Caesar Salad | 19  | 20 Chicken Caesar Salad | The Food Service Department is looking for Substitute Food Service workers. If interested call or email Kathleen Farrar farrark@carver.org (508) 866-6137 |
| START YOUR DAY WITH BREAKFAST EVERY DAY! | Hot Breakfast Sandwich Fruit 100% Juice Cup | Hot Breakfast Sandwich Fruit 100% Juice Cup | Assorted Breakfast Pastries Fruit 100% Juice Cup | Hot Breakfast Sandwich Fruit 100% Juice Cup | Hot Breakfast Sandwich Fruit 100% Juice Cup | Questions or comments? Contact Kathleen Farrar Director Food Services farrark@carver.org |

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