

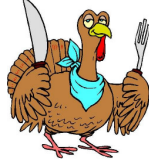







CARVER/MIDDLE High School

November 20 ~ December 1, 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	20 Chicken Nuggets Sweet & Sour Sauce Fresh Carrot Sticks Oven Baked Fries Holiday Cookie Fresh Fruit	21 SAL'S PIZZA (Cheese or Garlic) Garden Salad Roasted Chick Peas Chilled Sliced Apples Fresh Fruit	22 Early Release No Lunch 	23 	24 	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	27 Buffalo Chicken on a Bun Fresh Celery Sticks Tostitos w/ Salsa Chilled Pears Fresh Fruit	28 Sloppy Joe on a Bun Oven Baked Fries Steamed Green Beans Chilled Peaches Fresh Fruit	29 Nacho Supreme (Beef & Cheese) Lettuce & Tomatoes Spanish Rice / Corn Refried Beans/ Salsa Strawberry Cup Fresh Fruit	30 Chicken Caesar Wrap Fresh Carrot Sticks Cape Cod Chips Goldfish Cookie Fresh Fruit	1 Stuffed Crust Pizza (Cheese or Roni) Fresh Caesar Salad Chilled Applesauce w/ Cinnamon 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	20 Buffalo Chicken Salad	21 Buffalo Chicken Salad	22 	23 	24 	
	27 Greek Salad w/ Grilled Chicken	28 Greek Salad w/ Grilled Chicken	29 Assorted Salads	30 Chicken Teriyaki Salad w/ Mandarin Oranges	1 Chicken Teriyaki Salad w/ Mandarin Oranges	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	Hot Breakfast Sandwich Fruit 100% Juice Cup	Hot Breakfast Sandwich Fruit 100% Juice Cup	Assorted Breakfast Pastries 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.