




# CARVER/MIDDLE High School

## September 25 ~ October 6, 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>25</b> B.B.Q. Pulled Pork on a Bun Potato Rounds <i>Side of</i> Green Beans Chilled Applesauce Fresh Fruit	<b>26</b> Chicken Tator Delight (Popcorn Chicken, Mashed, corn & Gravy) Dinner Roll Chilled Pears Fresh Fruit	<b>27</b> Bacon Cheeseburger on a Bun Lettuce, Tomatoes & Pickles Baked Beans Chilled Peaches Fresh Fruit	<b>28</b> Chicken Patty on a Bun Fresh Carrot Sticks R.F. Doritos Chilled Mixed Fruit Fresh Fruit	<b>29</b> Gilardi Slice Pizza (Cheese or Pepperoni) Caesar Salad Chilled Apple Slices Fresh Fruit	<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>2</b> Sloppy Joe on a Bun <i>side of</i> Spinach Chilled Pears Fresh Fruit	<b>3</b> Grilled Chicken on a Bun <i>side of</i> Carrot Sticks Oven Baked Fries Chilled Peaches Fresh Fruit	<b>4</b> Papa Gino's Pizza Garden Salad Roasted Chick Peas Chilled Applesauce Fresh Fruit	<b>5</b> Buffalo Chicken Patty on a Bun Fresh Celery Sticks Tostitos w/ Salsa Chilled Mixed Fruit Fresh Fruit	<b>6</b> <b>No School</b> 	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>25</b> Greek Salad w/ Grilled Chicken	<b>26</b> Greek Salad w/ Grilled Chicken	<b>27</b> Assorted Salads	<b>28</b> Buffalo Chicken Salad w/ Celery	<b>29</b> Buffalo Chicken Salad w/ Celery 	
	<b>2</b> Chicken Teriyaki Salad w/ Mandarin Oranges	<b>3</b> Chicken Teriyaki Salad w/ Mandarin Oranges	<b>4</b> Chicken Caesar Salad	<b>5</b> Chicken Caesar Salad	<b>6</b> 	<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.*