



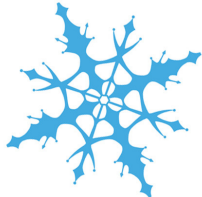



CARVER/MIDDLE High School

January 8 ~ 19, 2018

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	8 Cheeseburger on a Bun Hot Cheesy Fries Fresh Cucumber Coins Strawberry Cup Fresh Fruit	9 Chicken, Broccoli & Ziti Dinner Roll Sliced Apples Fresh Fruit	10 Buffalo Tender Sub Fresh Carrot sticks R.F. Chips Mixed Fruit Cup Fresh Fruit	11 Gilardi Pizza Slice (Cheese or Pepperoni) Fresh Garden Salad Roasted Chick Peas Chilled Pears Fresh Fruit	12 No School 	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	15 No School 	16 Chicken Parm on a Bun Oven baked <i>Fries</i> <i>Side of Carrots</i> <i>Chilled Mixed Fruit</i> <i>Fresh Fruit</i>	17 Papa Gino's Pizza Fresh Garden Salad Roasted Chick Peas Chilled Applesauce Fresh fruit	18 Chicken Caesar Wrap Tostitos w/ Salsa Fresh Celery Sticks Chilled Applesauce Fresh Fruit	19 Chicken patty on a Bun <i>Side of Broccoli</i> <i>Harvest Sun Chips</i> <i>Chilled Peaches</i> <i>Fresh Fruit</i>	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	8 Buffalo Chicken Salad	9 Buffalo Chicken Salad	10 Greek Salad w/ Grilled Chicken	11 Greek Salad w/ Grilled Chicken	12 	
	15 	16 Chicken Teriyaki Salad	17 Chicken Teriyaki Salad	18 Crispy Chicken, Bacon Egg Salad	19 Crispy Chicken, Bacon & Egg 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.