





# CARVER/MIDDLE High School

February 5 ~ February 16, 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	<b>5</b> Chicken Parmesan Rotini w/ Sauce <i>side:</i> Green Beans Warm Bread Stick Chilled Applesauce Fresh Fruit	<b>6</b> <b>Early Release</b> <b>NO LUNCH</b> 	<b>7</b> Chicken Nuggets Macaroni & Cheese Stewed Tomatoes Chilled Strawberries Fresh fruit	<b>8</b> Chicken Tator Delight (popcorn chicken, mashed, corn & gravy) Dinner Roll Chilled Pears Fresh Fruit	<b>9</b> <b>Sal's Pizza</b> (Cheese or Garlic) Garden Salad Roasted Chick Peas Chilled sliced Apples 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>12</b> <b>Breakfast for Lunch</b> Chicken & Waffles Potato Wedges Fresh Orange Wedges	<b>13</b> Meatball Sub <i>side:</i> Carrots Pretzels Blueberries Fresh fruit	<b>14</b> <b>Papa Gino's Pizza</b> Fresh Garden Salad Roasted Chick Peas <b>Valentine Cookie</b> Fresh fruit 	<b>15</b> <b>Super Nachos</b> Beef & Cheese Lettuce & Tomatoes Corn / Salsa Chilled Peaches	<b>16</b> Chicken Patty on a Bun Fresh Celery sticks RF Cape Cod Chips Chilled Peaches Fresh Fruit	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>5</b> Buffalo Chicken Salad	<b>6</b> 	<b>7</b> Buffalo Chicken Salad	<b>8</b> Crispy Chicken, Bacon & Egg Salad	<b>9</b> Crispy Chicken, Bacon & Egg Salad	Papa Gino's Pizza Now comes Gluten Free – Cheese Contact the Food Service if your child would like to try it: 508-866-6192
	<b>12</b> Chicken Caesar Salad	<b>13</b> Chicken Caesar Salad	<b>14</b> Assorted Salads	<b>15</b> Teriyaki Chicken & Mandarin Orange Salad	<b>16</b> Teriyaki Chicken & Mandarin Orange Salad	<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.