

# SEPTEMBER 2018

## CARVER MIDDLE/HIGH SCHOOL

Lunch is \$2.75 ~ Premium Meal \$4.25  
 All meals include vegetable of the day  
 Choice of Milk  
 Fruit  
 For best nutrition and value take everything!

### Monday


**3**

SCHOOL OPENS TOMORROW!

### Tuesday

**4**  
 Chicken Caesar Wrap  
 (Breaded Chicken, romaine, olives,  
 croutons & Caesar dressing)  
 Apples

Premium Salad – Chicken Caesar  
 Includes dressing and pita pocket

### Wednesday

**5**  
 Papa Gino's Pizza Day  
 Cheese or Roni  
 House Salad w/dressing  
 Chilled Mixed Fruit

Premium Salad – Chicken Caesar  
 Includes dressing and pita pocket

### Thursday

**6**  
 TEX-MEX Sloppy Joes  
 Seasoned Beef with Queso  
 on a bun  
 Sweet Corn  
 Corn Chips w/salsa

Premium Salad - Asian Chicken Teriyaki  
 Includes dressing and pita pocket

### Friday

**7**  
 Chicken Nuggets  
 Sweet Potato Bites  
 Steamed Peas & Carrots

Assorted Premium Salad

**10**  
 Chicken Patty on a bun  
 Lettuce & Tomato  
 Celery Sticks  
 Strawberry Cups

Premium Wrap – Turkey Bacon Ranch  
 Sliced turkey, cheese, crispy bacon and  
 cool ranch dressing

**11**  
 TACO DAY  
 Seasoned Beef and Cheese  
 Lettuce & Tomato / Salsa  
 Cinnamon Applesauce

Premium Wrap – Turkey Bacon Ranch  
 Sliced turkey, cheese, crispy bacon and  
 cool ranch dressing

**12**  
 General Tso's  
 Mandarin Chicken  
 "Fried" Rice  
 Steamed Broccoli / Pineapple Chunks

Premium Salad – Mediterranean  
 Lettuce, tomato, feta cheese, olives &  
 Greek Dressing & pita pocket

**13**  
 Cheeseburgers  
 on a bun  
 Oven Baked "Fries"  
 Steamed Green Beans

Premium Salad – Mediterranean  
 Lettuce, tomato, feta cheese, olives &  
 Greek Dressing & pita pocket

**14**  
 SAL's Pizza Day  
 Cheese or Pepperoni  
 House Salad  
 Roasted Garbanzo Beans

Assorted Premium Salad or Wrap

**17**  
 Chicken Nuggets  
 Smiley "Fries"  
 Green Beans  
 Apples

Premium Salad – BBQ Chicken Salad  
 Grilled chicken in BBQ sauce, lettuce,  
 tomato, onions and crumbled bacon

**18**  
 Nacho Supreme  
 Beef & Cheese  
 Lettuce & Tomato  
 Sweet Corn / Salsa

Premium Salad – BBQ Chicken Salad  
 Grilled chicken in BBQ sauce, lettuce,  
 tomato, onions and crumbled bacon

**19**  
 In-Service Day  
 No Lunches Served

**20**  
 Chicken Parmesan Dinner  
 House Salad  
 Dinner Roll  
 Blueberry Cup

Premium Wrap – Chicken Caesar  
 (Romaine, chicken tenders, shredded  
 romano cheese & Caesar dressing)

**21**  
 Stuffed Crust Pizza Day  
 Cheese or Sausage  
 Carrot Sticks w/dipping sauce  
 Apples

Assorted Premium Salad or Wrap

**24**  
 Rodeo Burger  
 Beef Patty topped with  
 Onion Rings & Cheddar on a bun  
 Sweet Potato Bites  
 Chilled Peaches

Premium Wrap – TEX-MEX roll-up  
 Grilled chicken, sweet peppers, lettuce,  
 tomatoes & salsa

**25**  
 Chicken Patty on a bun  
 Lettuce & Tomato  
 Celery Sticks  
 Strawberry Cups

Premium Wrap – TEX-MEX roll-up  
 Grilled chicken, sweet peppers, lettuce,  
 tomatoes & salsa

**26**  
 Papa Gino's Pizza Day  
 Cheese or Roni  
 House Salad w/dressing  
 Chilled Mixed Fruit

Premium Salad – Chicken Caesar  
 Includes dressing and pita pocket

**27**  
 Popcorn Chicken Bowl  
 Mashed potato w/popcorn chicken  
 Corn & gravy  
 Dinner Roll  
 Chilled Pears

Premium Salad – Chicken Caesar  
 Includes dressing and pita pocket

**28**  
 Grilled Cheese  
 Cup of tomato soup  
 Cape Cod Chips  
 Fresh Apple

Assorted Premium Salad or Wrap



Garelick Farms Tru-Moo Chocolate or 1% white are both Non GMO and Antibiotic Free  
 Smucker's Uncrustables and Salad Bowl Meals include a cheese stick or protein, fruit and vegetable of the day and choice of milk  
 Ala Carte Snacks \$1.00 Ala Carte Milk .60 Ala Carte Water \$1.00  
 Menus are subject to change upon availability of products  
 The USDA is an equal opportunity provider and employer