



# Middle School Menu October 2016

[www.carrollcountyschools.com](http://www.carrollcountyschools.com)

Fresh Fruit Bowl available daily for  
Breakfast and Lunch.

LoFat or Fat Free  
Milk Choice is  
served with each  
meal.

**ALA CARTE SALES** (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

- |                                                                   |                                 |
|-------------------------------------------------------------------|---------------------------------|
| Extra Milk — \$0.50                                               | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75                                       | All Extra Side Dishes — \$0.50  |
| Rice Krispie Treat — \$1.00                                       | Cookie (1) — \$0.50             |
| Soft Pretzel — \$1.00                                             | Cheese Sauce Cup — \$0.50       |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) |                                 |

## Menu Prices for Middle School

Breakfast	Amount	Lunch	Amount
Student	\$1.35	Student	\$2.30
Reduced	\$0.30	Reduced	\$0.40
Adult	\$1.75	Adult	\$3.25

	Monday	Tuesday	Wednesday	Thursday	Friday
Day	Sept. 26	27	28	29	30
Breakfast	Biscuit Choice or Breakfast Burrito / Juice / Fruit	Biscuit Choice / Pop Tart & Cereal / Juice / Fruit	Biscuit Choice or Mini Cinnis / Juice / Fruit	Biscuit Choice or Pancake on a Stick / Juice / Fruit	Biscuit Choice or Muffin & Yogurt / Juice / Fruit
Choose 1 Lunch Entrée or Salad Choice	BBQ Sandwich or Hot Dog	Basil Boss Cheese Pizza or Chicken Pot Pie w/Saltines	BBQ Chicken or Meat Loaf	Hamburger or Turkey Club	Crispito (2) or Chicken Fajitas
Must Choose at Least 1:	Cole Slaw / Baked Beans / Baked Tater Tot Medley / Fresh Peach / Pineapple Tidbits w/Kiwi	Romaine Salad / Steamed Broccoli w/Cheese / Corn on Cob / Peach Slices / Grapefruit Wedges	Cornbread / Green Beans / Macaroni & Cheese / Oven Fried Okra / Cole Slaw / Frozen Fruit Cup / Grape Cluster	Lettuce, Tomato, Dill Slice / Carrot & Celery w/Dip / Baked Veggie Fries / Juice Bar / Pear Salad	Pinto Beans / Spanish Rice / Lettuce-Tomato Cup / Cherry Applesauce / Fresh Pear
or Salad	Grilled Chicken Salad Plate	Asian Chicken Salad	Yogurt Plate	Asian Chicken Salad	PBJ Sack

Day	3	4	5	6	7
Breakfast	Biscuit Choice or Mini Muffins w/ Cereal / Juice / Fruit	Biscuit Choice or Cereal w/Pop Tart / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit	Biscuit Choice or Honey Wheat Bun / Juice / Fruit	Teacher Work Day No school for students.
Choose 1 Lunch Entrée or Salad Choice	Wild Mike's Pepperoni Pizza or Spaghetti w/Texas Toast	Country Fried Steak w/Gravy or Chicken Tenders	Sloppy Jo or Extreme Beans & Cheese Burrito	Chicken Filet Sandwich or Ham & Cheese on Deli Thins	
Must Choose at Least 1:	Spinach Salad w/Strawberries & Nuts / Corn on Cob / California Blend Veggies / Applesauce / Dragon Punch Juice	Yeast Roll / Creamed Potatoes / Peas & Carrots / Green Beans / Fruit Cocktail / Orange Wedges	Baked Potato w/Margarine & Sour Cream / Broccoli & Cheese / Romaine Salad / Baked Cinnamon Apple Slices / Cry Baby Frozen Fruit Cup	Baked Fries / Lettuce, Tomato, Dill Slice / Roasted Corn & Black Bean Fiesta w/Tortilla Chips / Cantaloupe Slices / Peach Slices	
Salad		Chef Salad	Grilled Chicken Salad Plate	Chef Salad	

## Middle Schools with Salad Bar

MS w/Salad Bar	Monday	Tuesday	Wednesday	Thursday	Friday
	Grilled Chicken	Diced Ham w/Boiled Egg	Baked Potato Bar w/Chili, Sour Cream & Steamed Broccoli	Pretzel w/Cheese Sauce	Pimento Cheese Sandwich or PBJ Sandwich



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Reduced	\$0.30	Reduced	\$0.40
Adult	\$1.75	Adult	\$3.25

	Monday	Tuesday	Wednesday	Thursday	Friday
Day	10	11	12	13	14
Breakfast	Fall Break	Biscuit Choice or Pancake on a Stick / Juice / Fruit	Biscuit Choice or Mini Cinnis / Juice / Fruit	Biscuit Choice or Mini French Toast / Juice / Fruit	Biscuit Choice or Breakfast Burrito / Juice / Fruit
Choose 1 Lunch Entrée or Salad Choice		Oven Baked Chicken or Meat Loaf	Basil Boss Pepperoni Pizza or Beef & Cheese Nachos	BBQ Pork Chop w/Roll or Hot Ham & Cheese Sandwich	Fish Sticks & Shrimp w/Hush Puppies or Rib-B-Q Sandwich
Must Choose at Least 1:		Biscuit / Creamed Potatoes / Brussel Sprouts / Glazed Carrots / Strawberry-Banana Cup / Juice Cup	Whole Kernel Corn / Broccoli Salad / Pinto Beans / Juice Bar / Sliced Peaches	Oven Baked Okra / Pasta Salad / Baked Beans / Grape Cluster / Rosey Pear Halves (2)	Au Gratin Potatoes / Steamed Broccoli / Cole Slaw / Sherbet / Fresh Plum
or Salad		Southwestern Plate	Yogurt Plate w/Fruit	Southwestern Plate	PBJ Sack

	17	18	19	20	21
Day					
Breakfast	Biscuit Choice or Mini Pancakes / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit	Biscuit Choice or Cereal w/Muffin / Juice / Fruit	Biscuit Choice or Cheese Toast & Cereal / Juice / Fruit	Manager's Choice Juice / Fruit
Choose 1 Lunch Entrée or Salad Choice if offered	Chicken Stir Fry w/ Egg Roll or Max Stix w/Marinara Sauce	Chili Hot Dog or Mini Burgers	Chicken Biscuit or Pancakes w/Sausage Patties (2)	Tacos (2) or Stuffed Crust Cheese Pizza	Manager's Choice
Must Choose at Least 1:	Corn on Cob / Romaine Salad / Oven Baked Green Beans / Orange Wedges / Tropical Fruit Mix	Potato Roasters / Veggie w/Dip / Cole Slaw / Glazed Apple Wedges / Juice Bar	Tater Tot Casserole / Sweet Potato Tots / Yogurt Parfait / Wango-Mango Juice Cup / Lime Jello w/Fruit & Topping	Lettuce-Tomato Cup / Steamed Whole Kernel Corn / Veggies w/Dip / Fresh Strawberries w/Whipped Topping / Frozen Fruit Ice Cup	Please see individual schools for menu choices today.
Salad	Grilled Chicken Salad Plate	Chef Salad	Grilled Chicken Salad Plate	Chef Salad	PBJ Sack

## Middle Schools with Salad Bar

MS w/Salad Bar	Monday	Tuesday	Wednesday	Thursday	Friday
	Grilled Chicken	Diced Ham w/Boiled Egg	Tuna Salad	Pretzel w/Cheese Sauce	Pimento Cheese Sandwich or PBJ Sandwich