

## Middle School Spring Carbs Menu 2017-18

Week 1 April 16

Monday	Tuesday	Wednesday	Thursday	Friday
31 Steak w/ gravy Or 32 Grilled/Breaded Chicken Sandwich	34 Sub Shop: Deli ham or turkey Or 41 Sloppy Joe	30 Pizza Or 37 Chicken Fettucini	41 Spaghetti 17 Popcorn Chicken Smackers	16 Chicken Fritters/30 Roll Chicken Salad w/ Crackers
5 Carrots	23 baked lays	Roasted Veggie Medley	20 Oven Roasted Potatoes	15 Pinto Beans
20 Mashed Potatoes	Lettuce/tomato/ pickles	15 Corn	Steamed Broccoli	20 Mac'n Cheese
3 Tossed Green Salad	peppers/onions/black olives	Tossed Green Salad	30 Roll	Turnip Greens
Fruit	5 Cole Slaw	Fruit	Tossed Green Salad	Tossed Green Salad
Milk	7 vegetable soup 1/2 cup	Milk	15 Fruit *	Fruit
	Dessert		Milk*	Milk
	Fruit			

Week 2 April 9

22 Fish w/ 17 Hushpuppies Or 15 Oven Fried Chicken	34 Sub Shop Meatball sub or Deli Ham	20 Chicken Fajita 27 Super Nachos	33 Cheeseburger Or 42 BBQ Sand w/ 23 chips	16 Chicken Fritters/ 30 WW Roll
15 Corn	23 baked lays	19 Refried Beans	20 French Fries	20 Mashed Potatoes
Green Beans	Lettuce/tomato/ pickles	15 Corn	Raw Veggie Medley	15 Green Peas
Tossed Green Salad	peppers/onions/black olives	20 Rice	20 Baked Beans	Tossed Green Salad
Fruit	20 Baked Beans	Lett/Tom/Sr Cream	5 Cole Slaw	Fruit
Milk	Dessert	Tossed Green Salad	Lettuce/Tomato/Pickle	Milk
	Fruit	Fruit	Tossed Green Salad	
		Milk	Fruit	
			Milk	

Boxed Salads offered Daily: Chef Salad, Chicken Salad, Grilled Chicken Salad, Southwest Salad

Bowed Sandwiches and Wraps Daily

\*Plain unflavored milk 13

\*Chocolate milk 20

\*Fruits 1/2 cup servings fresh or canned in juice average 15