

## Middle School Fall Carbs Menu 2017-18

Week 1 September 4

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

Week 2 September 11

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

