



K-8 School Menu

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Blueberry Muffin & String Cheese	*Mini French Toast	Sausage Biscuit	Breakfast Pizza	Sausage Griddle Cake Sandwich
School Pizza *Cheese OR Pepperoni Chicken & Cheese Fajita Chef Salad w/Roll Seasoned Green Beans Glazed Fresh Carrots Variety of Salads and Fruits	Carolina Dog (Chili) Mandarin Chicken & Broccoli over Lo Mein w/Roll Chicken Caesar Salad w/CROUTONS & Tortilla Brown Sugar Baked Beans Fresh Steamed Broccoli Variety of Salads and Fruits	*Stuffed Cheese Sticks w/Marinara Rotini w/ Meat Sauce & Roll *Yogurt, Peach & Granola Parfait Green Peas & Carrots Baked Potato Variety of Salads and Fruits	Chicken Filet Sandwich BBQ Meatballs w/Rice & Roll Taco Salad w/Tortilla Chips Tator Tots Fresh Steamed Spinach Variety of Salads and Fruits	Crispy Fish Nuggets & Hushpuppies Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/CROUTONS & Tortilla Sweet Kernel Corn Black Beans Variety of Salads and Fruits
4	5	6	7	8
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	Steak Sandwich	*Blueberry Mini Waffles
School Pizza *Cheese OR Pepperoni Beef Enchiladas Chef Salad w/Roll Sweet Kernel Corn Seasoned Pinto Beans Variety of Salads and Fruits	Chicken Nuggets w/Breadstick *Veggie Lasagna & Breadstick *Berry Fresh Chef Salad w/ Roll Potato Wedges Glazed Fresh Carrots Variety of Salads and Fruits	Grilled Cheese Sandwich-School Made Cherry Blossom Chicken w/Rice & Roll *Yogurt, Strawberry & Granola Parfait Seasoned Green Beans Oriental Stir Fry Vegetables Variety of Salads and Fruits	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chicken Caesar Salad w/CROUTONS & Tortilla Brown Sugar Baked Beans Fresh Steamed Collard Greens Variety of Salads and Fruits	Fish Sandwich *Macaroni and Cheese w/Sweet Potato Square or Muffin Chef Salad w/Roll Steamed Broccoli Roasted Sweet Potatoes Variety of Salads and Fruits
11	12	13	14	15
*Apple Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese OR Pepperoni Thai Sweet Chili Chicken w/Rice & Roll Chef Salad w/Roll Seasoned Green Beans Oriental Stir Fry Vegetables Variety of Salads and Fruits	Corn Dog *Mini Cheese Ravioli w/ Breadstick *Yogurt, Mandarin Orange & Granola Parfait Mashed Potatoes Fresh Steamed Spinach Variety of Salads and Fruits	Early Release Day Chicken Filet Sandwich Potato Wedges Variety of Salads and Fruits <i>Note: Menu will vary due to Early Release</i>	*Stuffed Cheese Sticks w/ Marinara Chicken & Cheese Fajita Taco Salad w/Tortilla Chips Steamed Broccoli Black-Eyed Peas Variety of Salads and Fruits	Crispy Fish Nuggets & Hushpuppies Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/CROUTONS & Tortilla Sweet Kernel Corn Black Beans Variety of Salads and Fruits
18	19	20	21	22
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Blueberry Mini Waffles	Steak Sandwich
School Pizza *Cheese OR Pepperoni Asian Spicy Chicken w/Lo Mein & Roll Chicken Caesar Salad w/CROUTONS & Tortilla Sweet Kernel Corn Oriental Sir Fry Vegetables Variety of Salads and Fruits	Chicken Nuggets w/Roll Rotini w/Meat Sauce & Roll *Berry Fresh Chef Salad w/ Roll California Vegetables Potato Wedges Variety of Salads and Fruits	Chopped Chicken BBQ Sandwich Salisbury Steak w/ Roll *Yogurt, Berries & Granola Parfait Mashed Potatoes Seasoned Green Beans Variety of Salads and Fruits	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chef Salad w/Roll Fresh Steamed Collard Greens Sweet Potato Casserole Variety of Salads and Fruits	Fish Sandwich *Macaroni & Cheese w/Sweet Potato Square or Muffin Chicken Caesar Salad w/CROUTONS & Tortilla Steamed Broccoli Black-Eyed Peas Variety of Salads and Fruits
25	26	27	28	29

SPRING INTO NUTRITION

Please be patient as our schools re-stock their kitchens with fresh produce after Spring Break. Some salads, vegetables and fruits may not be available Apr 4 - 8.



Eating breakfast fuels your body with energy to keep you going through the morning. Breakfast boosts your immune system and improves your overall health.

Breakfast offerings may also include:
4 oz. Yogurt with Graham Crackers, Cereal with String Cheese, or NutriGrain Bar with String Cheese

Daily Lunch Offerings include:
Yogurt with String Cheese (Vegetarian) and Hummus with Tortilla (Vegan)

Visit www.cms.k12.nc.us/cmsdepartments/cns for Meal Pricing, Nutrition, and Allergen Information
Use www.paypams.com for pre-payments & monitoring

*Indicates vegetarian entrée for Breakfast and Lunch. This institution is an equal opportunity provider. Menu is subject to change without prior notice.