



K-8 School Menu August-September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Mini French Toast	Steak Sandwich
School Pizza *Cheese or Pepperoni Asian Spicy Chicken w/Lo Mein & Roll Chicken Caesar Salad w/ Croutons & Tortilla <i>Sweet Kernel Corn</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads & Fruits</i>	Chicken Nuggets w/Roll Turkey, Ham & Cheese Wrap Chef Salad w/Croutons & Roll <i>California Vegetables</i> <i>Potato Wedges</i> <i>Variety of Salads & Fruits</i>	Chopped Chicken BBQ Sandwich Salisbury Steak w/Rice & Roll Chicken Caesar Salad w/Croutons & Tortilla <i>Glazed Sweet Potatoes</i> <i>Seasoned Green Beans</i> <i>Variety of Salads & Fruits</i>	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chef Salad w/ Croutons & Roll <i>Fresh Steamed Collard Greens</i> <i>Mashed Potatoes</i> <i>Variety of Salads & Fruits</i>	Fish Sandwich Rotini w/Meat Sauce & Breadstick Chicken Caesar Salad w/Croutons & Tortilla <i>Fresh Steamed Broccoli</i> <i>Black-Eyed Peas</i> <i>Variety of Salads & Fruits</i>
24	25	26	27	28
*Blueberry Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese or Pepperoni Chicken Fajita w/Rice & Tortilla Chef Salad w/Croutons & Tortilla <i>Seasoned Green Beans</i> <i>Glazed Fresh Carrots</i> <i>Variety of Salads & Fruits</i>	Carolina Dog (Chili) Mandarin Chicken & Broccoli over Lo Mein w/Roll Chicken Caesar Salad w/Croutons & Tortilla <i>Brown Sugar Baked Beans</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads & Fruits</i>	*Stuffed Cheese Sticks w/ Marinara Roasted Turkey w/Gravy, Rice & Roll Chef Salad w/Croutons & Roll <i>Potato Wedges</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads & Fruits</i>	Chicken Filet Sandwich BBQ Meatballs w/Rice & Roll Taco Salad w/Tortilla Chips <i>Green Peas & Carrots</i> <i>Baked Potato</i> <i>Variety of Salads & Fruits</i>	Crispy Fish Nuggets & Hushpuppies Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/Croutons & Tortilla <i>Sweet Kernel Corn</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads & Fruits</i>
31	1	2	3	4



A Great Plate for K-8 Consists Of:

Breakfast: an entrée made with protein and grain, fruit/fruit juice and milk

Students must take at least 1 serving of fruit with their entrée

Lunch: an entrée made with protein and grain, 2 servings of vegetables, fruit and milk

Students must take at least 1 choice from 3 different food groups and 1 must be a fruit or vegetable

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.