



K-8 School Menu

October 2015

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

NATIONAL SCHOOL LUNCH WEEK: October 12-16, 2015



*Mini French Toast	Sausage Griddle Cake Sandwich
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 and 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 and Fruits</i>

Chicken Biscuit	*Stuffed Cheese Breadstick	*Blueberry Mini Waffles	Breakfast Sausage on a Stick	Steak Sandwich
School Pizza *Cheese AND Pepperoni Beef Enchilada Chef Salad w/CROUTONS & Tortilla <i>Sweet Kernel Corn</i> <i>Black Beans</i> <i>Variety of Salads and Fruits</i>	Chicken Nuggets w/Breadstick *Veggie Lasagna & Breadstick Chicken Caesar Salad w/CROUTONS & Tortilla <i>Potato Wedges</i> <i>Seasoned Green Beans</i> <i>Variety of Salads and Fruits</i>	Early Release Day Hamburger AND Cheeseburger Corn Dog Deli Sandwich NOTE: Menu will vary due to Early Release	Grilled Cheese Sandwich-School Made BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chicken Caesar Salad w/CROUTONS & Tortilla <i>Glazed Sweet Potatoes</i> <i>Fresh Steamed Collard Greens</i> <i>Variety of Salads and Fruits</i>	Fish Sandwich *Macaroni and Cheese w/Sweet Potato Square or Muffin Chef Salad w/CROUTONS & Tortilla <i>Fresh Steamed Broccoli</i> <i>Glazed Fresh Carrots</i> <i>Variety of Salads and Fruits</i>

*Apple Muffin & String Cheese	Sausage Biscuit	Breakfast Pizza	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese AND Pepperoni Thai Sweet Chili Chicken on Rice & Roll Chef Salad w/CROUTONS & Roll <i>Seasoned Green Beans</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads and Fruits</i>	*Stuffed Cheese Sticks w/ Marinara Chicken & Broccoli Alfredo w/Roll Chicken Caesar Salad w/CROUTONS & Tortilla <i>Black-Eyed Peas</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads and Fruits</i>	Breakfast for Lunch *French Toast, *Scrambled Eggs & *Grits w/one of the following choices: Sausage Pattie or *Cheese Portion *Mini Cheese Ravioli w/ Breadstick <i>Tator Tots</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads and Fruits</i>	Chicken Filet Sandwich Beef Teriyaki Strips w/Fried Rice & Roll Taco Salad w/Tortilla Chips <i>Potato Wedges</i> <i>Green Peas & Carrots</i> <i>Variety of Salads and 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 and Fruits</i>

Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Blueberry Mini Waffles	NO SCHOOL
School Pizza *Cheese AND 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 and Fruits</i>	Chicken Nuggets w/Roll Rotini w/Meat Sauce & Roll Chef Salad w/CROUTONS & Roll <i>California Vegetables</i> <i>Potato Wedges</i> <i>Variety of Salads and 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 and Fruits</i>	Hamburger AND 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 and Fruits</i>	TEACHER WORKDAY

*Blueberry Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese AND 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 and 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 and Fruits</i>	*Stuffed Cheese Sticks w/ Marinara Chicken & Broccoli Alfredo w/Roll Chef Salad w/CROUTONS & Roll <i>Potato Wedges</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads and 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 and 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 and Fruits</i>

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.