



K-8 School Menu December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Blueberry Mini Waffles	Steak Sandwich
	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>	*Grilled Cheese Sandwich-School Made Cherry Blossom Chicken w/Rice & Roll Chef Salad w/CROUTONS & Roll <i>Brown Sugar Baked Beans</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads and Fruits</i>	Hamburger OR Cheeseburger 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	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/CROUTONS & Roll <i>Seasoned Green Beans</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads and Fruits</i>	Corn Dog *Mini Cheese Ravioli w/Breadstick Chicken Caesar Salad w/CROUTONS & Tortilla <i>Mashed Potatoes</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads and Fruits</i>	*Stuffed Cheese Sticks w/Marinara Chicken Broccoli Alfredo w/Roll Chef Salad w/CROUTONS & Roll <i>Fresh Steamed Broccoli</i> <i>Black-Eyed Peas</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>Black Beans</i> <i>Variety of Salads and Fruits</i>
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	Steak Sandwich	*Blueberry Mini Waffles
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 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>Sweet Potato Soufflé</i> <i>Seasoned Green Beans</i> <i>Variety of Salads and 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 and Fruits</i>	Fish Sandwich *Macaroni & Cheese w/Sweet Potato Square or Muffin Chicken Caesar Salad w/CROUTONS & Tortilla <i>Fresh Steamed Broccoli</i> <i>Black-Eyed Peas</i> <i>Variety of Salads and Fruits</i>



WINTER BREAK

December 21, 2015 - January 1, 2016
Students return Monday, January 4th

Over the Holiday, while enjoying the delicious feasts of celebration, remember to keep eating your fruits and vegetables just like we do every day with the School Lunch Program.

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/cms
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.