



K-8 School Menu February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Blueberry Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese OR Pepperoni Chicken & Cheese Fajita Chef Salad w/Croutons & Tortilla <i>Seasoned Green Beans</i> <i>Glazed Fresh Carrots</i> <i>Variety of Salads and Fruit</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>Green Peas & Carrots</i> <i>Baked Potato</i> <i>Variety of Salads and Fruits</i>	Chicken Filet Sandwich BBQ Meatballs w/Rice & Roll Taco Salad w/Tortilla Chips <i>Tator Tots</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>Black Beans</i> <i>Variety of Salads and Fruits</i>
1	2	3	4	5
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/Croutons & Tortilla <i>Sweet Kernel Corn</i> <i>Seasoned Pinto 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>Glazed Fresh Carrots</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>Seasoned Green 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>Brown Sugar Baked Beans</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 Sweet Potatoes</i> <i>Variety of Salads and Fruits</i>
8	9	10	11	12
*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 Fruit</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 & Cheese Fajita 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>
15	16	17	18	19
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 <i>Sweet Kernel Corn</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads and Fruits</i>	Chicken Nuggets & 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/Roll Chicken Caesar Salad w/Croutons & Tortilla <i>Mashed Potatoes</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>Glazed Sweet 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>
22	23	24	25	26

Learn to LOVE a new fruit or vegetable this month! Get a second vegetable and fall in love with it!

HAPPY VALENTINE'S DAY!



Black History Month originated in 1926 by Carter Godwin Woodson.

The month of February was chosen in honor of Frederick Douglass and Abraham Lincoln, who were both born in that month.

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.