

**Carlton High School**

**January 2019**

DAILY ENTRÉE CHOICE OPTION 1 OPTION 2 OPTION 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cycle Menu Deli Sub Domino's Pizza	Cycle Menu Deli Wrap Stuffed Crust Pizza	Cycle Menu Chef Salad Pizza Hut Pizza	Cycle Menu Deli Wrap Fiesta Pizza	Cycle Menu Chef Salad Quesadilla
		School not in Session	BBQ Rib Pickle Slices French Market Salad Fresh Cucumber Slices & Baby Carrots, Creamy Cottage Cheese, Mandarin Oranges & Healthy Fresh Fruit Choices Lowfat Milk Choices 1 *Cookie* 2	Toasty Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Garden Veggies w/ Roasted Red Pepper Hummus Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 3	Pepperoni Pizza Mixed Salad Greens w/ Balsamic Vinaigrette Whole Kernel Corn Whole Wheat Bread Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices 4
	Cheeseburger on WW Bun Zippy Pickle Slices Boston Baked Beans Crunchy Celery Sticks Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 7	Taco in a Bag w/Shredded Lettuce, Tomatoes, Onions, Cheddar Cheese Sour Cream & Zesty Salsa Steamed Green Beans Mixed Fruit & Healthy Fresh Fruit Choices Lowfat Milk Choices 8	Shaved Deli Turkey Breast on WW Bread w/Shredded Lettuce & Tomato Rotini Ranch Salad w/Edamame Tangy Chilled Tomato Juice Diced Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices *Baked Chips* 9	Lasagna Rollups w/ Marinara Sauce & Mozz Cheese Garden Fresh Romaine Salad Crisp Baby Carrots Whole Grain Garlic Bread Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices 10	Chicken Patty on Whole Wheat Bun w/Sriracha Sauce w/Shredded Lettuce AuGratin Potatoes Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices 11
	Dress Your Dog Day! Hot Dog on Whole Wheat Bun w/Choice of Chili, Cheese, Relish & Onions Creamy Potato Salad Calico Baked Beans Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 14	Roasted Turkey Gravy over Creamy Mashed Potatoes Fresh Broccoli Bites Whole Grain Dinner Roll Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices *Sweet Treat* 15	Deli Ham & Cheese Sandwich w/Shredded Lettuce Hearty Chicken Noodle Soup Crisp Baby Carrots & Jicama Sticks Deli Coleslaw Mixed Fruit Cup & Healthy Fresh Fruit Choices Lowfat Milk Choices 16	Nachos w/ Meat & Cheese Sauce Bold Black Bean Salsa Whole Kernel Corn Whole Grain Bread Chilled Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices 17	School not in Session 18
	School not in Session 21	Creamy Penne Chicken Alfredo Florentine Garden Fresh Romaine Salad Steamed Green Beans Garlic Bread Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices 22	Cheese Bread Dunkers w/Meat Sauce Crunchy Fresh Veggies Whole Kernel Corn Diced Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices 23	Footlong Hotdog on WW Bun Baked Beans Creamy Potato salad Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices *Pudding* 24	Stuffed Crust Pizza Sweet Kale Chopped Salad Fresh Broccoli Bites Fruit Salad & Healthy Fresh Fruit Choices Lowfat Milk Choices 25
	Chicken Stix Oven Brownd Potatoes Steamed Green Beans Whole Wheat Bread Mixed Fruit & Healthy Fresh Fruit Choices Lowfat Milk Choices 28	Roasted Chicken Gravy over Creamy Mashed Potatoes Fresh Broccoli Bites Whole Grain Dinner Roll Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices 29	Super Deli Sub Sandwich with Garden Fresh Fixings Flavorful Pickle Spear Macaroni & Cheese Crisp Baby Carrots Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices 30	Mexican Taco with Fixings Zesty Salsa Refried Beans Whole Kernel Corn Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 31	