

# Carlton Middle/High School Lunch Menu

April 2019

DAILY ENTRÉE CHOICE OPTION 1 OPTION 2 OPTION 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Cycle Menu</b> <b>Deli Sub</b> <b>Domino's Pizza</b>	<b>Cycle Menu</b> <b>Deli Wrap</b> <b>Stuffed Crust Pizza</b>	<b>Cycle Menu</b> <b>Chef Salad</b> <b>Pizza Hut</b>	<b>Cycle Menu</b> <b>Deli Wrap</b> <b>Fiesta Pizza</b>	<b>Cycle Menu</b> <b>Chef Salad</b> <b>Quesadilla</b>
	Footlong Hotdog on WW Bun Creamy Potato Salad Calico Baked Beans Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 1	Roasted Turkey Gravy over Creamy Mashed Potatoes Fresh Broccoli Bites Whole Grain Dinner Roll Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices 2	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 3	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 4	Roasted Chicken Fillet on a Whole Wheat Bun Shredded Lettuce Sweet Potato Side Dish California Blend Veggies Mandarin Oranges & Healthy Fresh Fruit Choices Lowfat Milk Choices *Sweet Treat* 5
	Tator Tot Hotdish Seasoned Green Beans Crunchy Celery Sticks WW Dinner Roll Chilled Applesauce Healthy Fresh Fruit Choices Lowfat Milk Choices 8	Oven Baked Meatballs w/Alfredo Sauce over Noodles Garden Fresh Romaine Salad California Blend Veggies WW Dinner Roll Pineapple Tidbits Healthy Fresh Fruit Choices Lowfat Milk Choices 9	Hot Ham \$ Cheese on WW Bun Pickle Slices Creamy Coleslaw Peas & Carrots Diced Pears Healthy Fresh Fruit Choices Lowfat Milk Choices *Pudding* 10	Cheese Bread Dunkers w/Meat Sauce Crunchy Fresh Veggies Whole Kernel Corn Diced Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices 11	Stuffed Crust Pizza Sweet Kale Chopped Salad Fresh Broccoli Bites Mixed Fruit Cup & Healthy Fresh Fruit Choices Lowfat Milk Choices 12
	Chicken Stix Oven Brownd Potatoes Steamed Green Beans Whole Wheat Bread Mixed Fruit & Healthy Fresh Fruit Choices Lowfat Milk Choices 15	Roasted Chicken Drumstick with Creamy Mashed Potatoes & Gravy Fresh Broccoli Bites Whole Grain Dinner Roll Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices 16	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 17	Mexican Taco with Fixings Zesty Salsa Refried Beans Whole Kernel Corn Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 18	School Not In Session 19
	Chicken Nuggets Creamy Mashed Potatoes & Gravy Steamed Peas & Carrots Whole Wheat Bread Mixed Fruit Cup & Healthy Fresh Fruit Choices Lowfat Milk Choices 22	French Toast Sticks Savory Turkey Sausage Patty Crispy Hashbrown Tangy Chilled Tomato Juice Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices 23	Pulled Pork on WW Bun Pickle Spear French Market Salad Fresh Cucs & Baby Carrots Creamy Cottage Cheese Manadrin Oranges Healthy Fresh Fruit Choices Lowfat Milk Choices *Cookie* 24	Toasty Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Garden Veggies w/ Roasted Red Pepper Hummus Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 25	Pepperoni Pizza Mixed Salad Greens w/ Balsamic Vinaigrette Whole Kernel Corn Whole Wheat Bread Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices 26
	Cheeseburger on WW Bun Zippy Pickle Slices Boston Baked Beans Crunchy Celery Sticks Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices 29	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 30			