

# Carlton Middle/High School

# May 2019

DAILY ENTRÉE CHOICE OPTION 1 OPTION 2 OPTION 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Cycle Menu</b> Deli Sub Domino's Pizza	<b>Cycle Menu</b> Deli Wrap Stuffed Crust Pizza	<b>Cycle Menu</b> Chef Salad Pizza Hut	<b>Cycle Menu</b> Deli Wrap Fiesta Pizza	<b>Cycle Menu</b> Chef Salad Quesadilla
			Shaved Deli Turkey Breast on Whole Wheat w/Shredded Lettuce & Tomato Rotini Ranch Salad w/Edamame Tangy Chilled Tomato Juice Diced Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices *Baked Chips*	Italian Pasta w/Meat Sauce & Mozzarella Cheese Garden Fresh Romaine Salad Crisp Baby Carrots Whole Grain Garlic Bread Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices	Chicken Patty on Whole Wheat Bun w/Sriracha Sauce w/Shredded Lettuce AuGratin Potatoes Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices
	Hot Dog on Whole Wheat Bun Creamy Potato Salad Calico Baked Beans Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices	Roasted Turkey Gravy over Creamy Mashed Potatoes Fresh Broccoli Bites Whole Grain Dinner Roll Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices	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	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	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 *Cookie*
	6	7	9	2	3
	Texas Chili w/Shredded Cheese & Crackers Crunchy Baby Carrots Warm Breadstick Chilled Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices	Creamy Penne Chicken Alfredo Florentine Garden Fresh Romaine Salad Steamed Green Beans Garlic Bread Pineapple Tidbits & Healthy Fresh Fruit Choices Lowfat Milk Choices	Sizzling Chicken Fajita w/ Fixings Fiesta Rice Bold Black Bean Salsa Steamed Carrot Coins Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices *Pudding*	Cheese Bread Dunkers w/Meat Sauce Crunchy Fresh Veggies Whole Kernel Corn Diced Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices	Stuffed Crust Pizza Sweet Kale Chopped Salad Fresh Broccoli Bites Mixed Fruit Cup & Healthy Fresh Fruit Choices Lowfat Milk Choices
	13	14	16	17	17
	Chicken Stix Oven Brownd Potatoes Steamed Green Beans Whole Wheat Bread Mixed Fruit & Healthy Fresh Fruit Choices Lowfat Milk Choices	Pulled Pork on WW Bun Pickle Slices Creamy Coleslaw Fresh Broccoli Bites Fresh Fruit Lowfat Milk Choices *Sweet Treat*	French Toast Sticks Savory Turkey Sausage Patties Crispy Hashbrown Tangy Chilled Tomato Juice Diced Pears & Healthy Fresh Fruit Choices Lowfat Milk Choices	Mexican Taco with Fixings Zesty Salsa Refried Beans Whole Kernel Corn Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices	Build Your Own Burger Hamburger on WW Bun w/choice of Cheese, Lettuce & Tomato Slices Zippy Pickle Slices Sweet Potato Confetti Tots Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices
	20	21	22	23	24
	Schoo is Not in Session	Chicken Nuggets Creamy Mashed Potatoes & Gravy Steamed Peas & Carrots Whole Wheat Bread Mixed Fruit Cup & Healthy Fresh Fruit Choices Lowfat Milk Choices	Toasty Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Garden Veggies w/ Roasted Red Pepper Hummus Cinnamon Applesauce & Healthy Fresh Fruit Choices Lowfat Milk Choices	Pepperoni Pizza Mixed Salad Greens w/ Balsamic Vinaigrette Whole Kernel Corn Whole Wheat Bread Chilled Peaches & Healthy Fresh Fruit Choices Lowfat Milk Choices	Deli Sandwich w/Lett & Tomato Flavorful Pickle Spear Creamy Potato Salad Fresh Cucumbers & Baby Carrots Fresh Fruit Lowfat Milk Choices *Surprise Treat*
	27	28	29	30	31