

September 2017 Middle School Lunch

Meal Pattern

Choice of Entrée,
Grain/Bread, Vegetable,
Fruit, Milk

Milk Choices of 1%-14
or Fat Free Chocolate-
20 are offered daily

Juice-14 &
craisins/raisins-29 are
offered daily

N.C. Farm to School

The N.C. Farm to School Program celebrates its 20th anniversary this school year. As part of the program created by the N.C. Department of Agriculture & Consumer Services, school districts can purchase foods grown on North Carolina farms to serve through school meals. Our state is the only one in the U.S. with this model.

September

- Fruit & Veggies—More Matters™ Month
- National Childhood



five two one
almost none

This institution is an equal
opportunity provider.
Menu subject to change.



Numbers listed to the right of each item are carbohydrates in grams.
*Notes items that are whole grain or contain whole grain.

				Friday, September 1
<p>Monday, September 4</p> <p>HOLIDAY</p> <p>Tuesday, September 5</p> <p>Wednesday, September 6</p> <p>Thursday, September 7</p> <p>Friday, September 8</p>				
<p>*Ham & Cheese Sub—35 *6 Chicken Rings-20 with *Bread Stick -17 *Stuffed Crust Pizza- 34 Crinkle Cut Fries—14 Steamed Carrots—6 NC Fresh Peach—12 NC Fresh Watermelon Cubes -6</p>				
<p>*Taco Salad- 35 *Pepperoni Pizza—34 6 Chicken Nuggets -19; *Roll -28 Chicken Caesar Salad -25 with *Roll -28 Beans-20 & Corn-17, Lettuce- 3.5, Salsa- 3, Tomatoes - 3, Sour Cream-2, Cheese-1 Crinkle Cut Fries- 14 NC Fresh Peach—12 Mandarin Oranges - 17</p>				
<p>*Chicken Fillet Sandwich-42 *Corn Dog—30 *Stuffed Crust Pizza- 34 Garden Salad with Cheese & 2 Breadsticks-34 Tater Tots- 17 Green Peas & Carrots- 10 Lettuce-3.5, Tomato- 2 Local Fresh Gala Apple-15 Fruit Cocktail- 17</p>				
<p>Spaghetti-29 *Pepperoni Pizza- 34 Chicken Garden Salad -34 with *Roll- 28 California Vegetables- 4 Straight Cut Fries- 19 Lettuce- 3.5, Tomato- 2 NC Fresh Asian Pear— 13 NC Fresh Cantaloupe - 7</p>				
<p>*Cheesburger-30 *Stuffed Crust Pizza- 34 *6 Chicken Rings-20 with *Bread stick-17 Seasoned Green Beans-4 Sweet Potato Fries- 23 Crinkle Cut Fries-14 Lettuce-3.5, Tomato-2 Local Fresh Gala Apple—15 Watermelon Cubes -6</p>				
<p>Monday, September 11</p> <p>Tuesday, September 12</p> <p>Wednesday, September 13</p> <p>Thursday, September 14</p> <p>Friday, September 15</p>				
<p>*BBQ Sandwich- 43 *Stuffed Crust Pizza- 34 6 Chicken Nuggets-19; *Roll-28 Creamy Cole Slaw-6 Sliced Tomatoes-4 Whole Kernel Corn- 9 Tater Tots- 17 Lettuce-3.5, Tomato-2 Pineapple- 22 Mandarin Oranges -6</p>				
<p>Orange Chicken- with Rice- 35 *Cheesburger-30 *Pepperoni Pizza- 34 Chicken Caesar Salad-25 with *Roll-28 Steamed Broccoli- 4 Glazed Carrots- 30 Crinkle Cut Fries- 14 Peaches- 14 Apple- 15</p>				
<p>Veggie Beef Soup-14 *Grilled Cheese-29 *PB & J Sandwich-53 *Stuffed Crust Pizza-34 Garden Salad with Cheese & 2 Breadsticks-34 Baby Carrots-12 with Dip-2 Green Peas-17 Straight Cut Fries-19 Pears- 15 Applesauce - 15</p>				
<p>Baked Ziti- 40 with 2 *Bread Sticks-34 *Chicken Fillet Sandwich-42 *Pepperoni Pizza-34 Caesar Salad-2 with Croutons-3 Straight Cut Fries-19 Lettuce-3.5, Tomato-2 Fresh Banana—27 Fruit Cocktail -17</p>				
<p>Grilled Frank-0 on *Bun-15 Chili-5 6 Chicken Nuggets-19; *Roll-28 *Stuffed Crust Pizza-34 Baked Beans- 20 Seasoned Green Beans-4 Crinkle Cut Fries- 14 Applesauce-15 Mandarin Oranges -6</p>				
<p>Monday, September 18</p> <p>Tuesday, September 19</p> <p>Wednesday, September 20</p> <p>Thursday, September 21</p> <p>Friday, September 22</p>				
<p>Salisbury Steak-7 with *Roll-28 Chicken Pot Pie-19 *Stuffed Crust Pizza-34 6 Chicken Nuggets-19 ; *Roll-28 Mashed Potatoes- 17; Gravy-4 Seasoned Green Beans-4 Straight Cut Fries- 19 NC Fresh Apple—19 Fresh Nectarine -12</p>				
<p>*Taco Salad- 35 *Pepperoni Pizza—34* 6 Chicken Rings-20 with *Bread stick-17 Chicken Caesar Salad -25 with *Roll -28 Beans-20, Corn-17, Lettuce- 3.5, Salsa- 3, Tomatoes- 3, Sour Cream-2, Cheese-1 Crinkle Cut Fries- 14 NC Fresh Watermelon Cubes-6</p>				
<p>*Ham & Cheese Sub-35 *Stuffed Crust Pizza- 34 6 Chicken Nuggets -19;*Roll -28 Garden Salad with Cheese & 2 Breadsticks-34 California Vegetables- 4 Caesar Salad-2 with Croutons-3 Crinkle Cut Fries-14 NC Fresh Apple—19 Fruit Cocktail -17</p>				
<p>Chili Mac & Cheese-29 *Chicken Fillet Sandwich-42 *Pepperoni Pizza-34 Chicken Garden Salad -34 with *Roll- 28 Steamed Broccoli- 4 Fresh Carrots- 4 Tater Tots- 17 Fresh Banana—27 Applesauce-15</p>				
<p>Corn Dog-30 *Cheesburger-30 *Pepperoni Pizza-34 Green Peas-17 Sweet Potato Fries-23 Straight Cut Fries-19 Lettuce-3.5, Tomato-2 Grapes—15 Mandarin Oranges -6</p>				
<p>Monday, September 25</p> <p>Tuesday, September 26</p> <p>Wednesday, September 27</p> <p>Thursday, September 28</p> <p>Friday, September 29</p>				
<p>BREAKFAST FOR LUNCH Eggs-0, Sausage-1 or Chicken-7 Biscuit-28; Gray-10 or 4 French Toast Sticks-38 *Cheesburger- 30 *Stuffed Crust Pizza-34 Sliced Tomatoes-2 Lettuce-3.5, Tomato- 2 Tater Tots-17 Applesauce-15 Fruit Cocktail-17</p>				
<p>Teriyaki Chicken- with Rice- 35 *Turkey & Cheese Sub-35 *Pepperoni Pizza- 34 Chicken Caesar Salad-25 with *Roll-28 Steamed Broccoli- 4 Glazed Carrots- 30 Crinkle Cut Fries- 14 Fruit Cocktail-17 Apple- 15</p>				
<p>*Chicken Fillet Sandwich-42 *Corn Dog—30 *Stuffed Crust Pizza- 34 Garden Salad with Cheese & 2 Breadsticks-34 Garden Salad with Cheese-17 Seasoned Green Beans-4 Whole Kernel Corn-19 Straight Cut Fries-19 Lettuce-3.5, Tomato- 2 Sliced Peaches- 14 Mandarin Oranges -6</p>				
<p>Mac and Cheese-22 with Little Smokies-2 Meatloaf- 8 *Cheese Pizza-34 Chicken Garden Salad-34 with *Roll-28 Pinto Beans-19 Steamed Cabbage-5 Stewed Tomatoes-2 Sliced Onions-1, Cornbread-25 Sliced Pears- 15 Pineapple- 22</p>				
<p>*Ham & Cheese Sub—35 *6 Chicken Nuggets-19; *Roll-28 *Stuffed Crust Pizza- 34 Crinkle Cut Fries—14 Steamed Carrots—6 Applesauce-15 Fruit Cocktail-17</p>				