



MIDDLE SCHOOL MENU

JANUARY 2026

Schools offer no-cost breakfast and lunch to all students regardless of income. Low-fat or fat-free milk choice is offered with each meal. Fresh fruit bowl and water are available.

ADULT PRICES

Breakfast \$2

Lunch \$4

ALA CARTE SALES may vary by school. Check with your SN Manager to determine local offerings.

Extra Milk \$0.60
Extra breakfast entrée \$1.75
Extra lunch entrée \$2
Extra side dishes \$0.50
Rice Krispie treat \$1
Cookie \$1
Soft pretzel \$1
Cheese Sauce Cup \$0.50
Flavored water \$1.75

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5	6	7	8	9
Breakfast		BISCUIT CHOICE OR MUFFIN W/CEREAL / JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE GRITS W/TOAST / JUICE / FRUIT
Lunch choose one entree or salad, if offered	PLD	SLOPPY JO OR BURRITO	CHICKEN SANDWICH OR HAM AND CHEESE SANDWICH	PIZZA OR SPAGHETTI W/ GARLIC TOAST	CHICKEN TENDERS
Sides select at least one fruit or vegetable		BAKED SWEET POTATO W/ CINNAMON BROWN SUGAR MARGARINE, ROMAINE SALAD, BROCCOLI W/ CHEESE SAUCE, STRAWBERRY SHORTCAKE FRESH FRUIT BOWL	POTATO TOTS, LETTUCE LEAF, TOMATO, PICKLES, CORN & BLACK BEAN SALSA, CANTALOUPE, APPLESAUCE CUP, FRESH FRUIT BOWL,	SPINACH SALAD, CORN ON THE COB, CALIFORNIA BLEND VEGETABLES, PEACH SLICES, DRAGON PUNCH, FRESH FRUIT BOWL,	CORNBREAD, GREEN BEANS, MAC AND CHEESE, OKRA, CREAMY COLE SLAW, FRUIT ICE, GRAPES , FRESH FRUIT BOWL
Salad Plate or Bar		FAJITA CHICKEN WITH SALAD BAR	DICED HAM W/BOILED EGG	DICED TURKEY WITH SALAD BAR	DICED HAM W/BOILED EGG
	12	13	14	15	16
Breakfast	BISCUIT CHOICE OR MINI PANCAKES W/SYRUP / JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA/ JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST W/CEREAL /JUICE / FRUIT	BISCUIT CHOICE MINI CINNIS FRUIT
Lunch choose one entree or salad, if offered	CHICKEN NUGGETS OR DELI SUB	COUNTRY FRIED STEAK OR CHICKEN TENDER ROLL	TURKEY WRAP W/CHIPS HAMBURGER W/CHIPS	BBQ SANDWICH OR HOT HAM AND CHEESE	CRISPITOS RIBBQ
Sides must select at least one fruit or vegetable	FRENCH FRIES, BAKED BEANS VEGGIE DIPPERS, CREAMY COLE SLAW ORANGE WEDGES PEAR HALVES	MASHED POTATOES / BROCCOLI W/ CHEESE SAUCE FRUIT COCKTAIL FRESH FRUIT CUP	LETTUCE TOMATO PICKLE CUP CARROT CELERY W/DIP VEGGIE FRIES FROZEN ICE	BAKED BEANS/ OVEN FRIES, PASTA SALAD, GRAPES, ROSY PEAR HALVES, FRESH FRUIT BOWL	CORN REFRIED BEANS SALAD VEGGHIES W/DIP APPLESAUCE CUP PEACHES FRESH FRUIT BOWL
Salad Plate or Bar	TUNA SALAD	DICED HAM W/BOILED EGG	TUNA SALAD	DICED HAM W/BOILED EGG	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH



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24 **STRING**

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Extra lunch entrée \$2

Extra side dishes \$0.50

Rice Krispie treat \$1

Cookie \$1

Soft pretzel \$1

Cheese Sauce Cup \$0.50

Flavored water \$1.75

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	19	20	21	22	23
Breakfast		BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST & CEREAL / JUICE / FRUIT	MANAGER'S CHOICE JUICE / FRUIT
Lunch choose one entree or salad, if offered	HOLIDAY	BBQ SANDWICH HOT DOG	CHICKEN STIR FRY W/ EGG ROLL OR CHEESE BITES W/ MARINARA	CHICKEN SANDWICH OR HOT HAM & CHEESE	TURKEY CLUB PIZZA
Sides unlimited, but must select at least one fruit or vegetable		GARDEN SALAD, COLE SLAW, WHOLE KERNEL CORN ORANGES RIP SLUSHIE	CORN ON THE COBB ROMAINE SALAD VEGETABLE FRIED RICE, ORANGE WEDGES, TROPICAL FRUIT SALAD	SPINACH SALAD BAKED FRENCH FRIES CARROTS W/ DIP GELATIN W/FRUIT SLICED PEACHES	CORN VEGGIES W/ DIP BLACKEYE PEAS SALAD TANGERINS APPLE SAUCE
Salad Plate or Bar		DICED HAM W/BOILED EGG	GRILLED CHICKEN	DICED HAM W/BOILED EGG	GRILLED CHICKEN
	26	27	28	29	30
Breakfast	BISCUIT CHOICE OR MINI PANCAKES / JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST & CEREAL / JUICE / FRUIT	MANAGER'S CHOICE JUICE / FRUIT
Lunch choose one entree or salad, if offered	TACOS (2) OR PIZZA	CHICKEN FAJITA OR CRISPITO	CHICKEN BISCUIT OR PANCAKES W/SAUSAGE PATTIES (2)	CHILI W/GRILLED CHEESE HOT DOG	CORN DOG BBQ SANDWICH
Sides unlimited, but must select at least one fruit or vegetable	LETTUCE, TOMATO SHREDDED CHEESE / STEAMED WHOLE KERNEL CORN / VEGGIES W/DIP / PEACH HALVES / FRESH STRAWBERRIES W/ WHIPPED TOPPING	REFRIED BEANS GARDEN SALAD, JUICE BAR / BAKED APPLES	TATER TOT CASSEROLE / CHEESE GRITS / YOGURT PARFAIT / WANGO-MANGO JUICE CUP / GRAPEFRUIT WEDGES	ROMAINE SALAD, PEAS AND CARROTS, WHOLE KERNEL CORN, GELATIN W/ FRUIT, PEACH SLICES, FRESH FRUIT BOWL	FRENCH FRIES COLE SLAW BAKED BEANS VEGGIES W/ DIP SALAD APPLE SAUCE CUP FRUIT COKTAIL
Salad Plate or Bar	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH	CHEF SALAD		CHEF SALAD	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH

WWW.CARROLLCOUNTYSCHOOLS.COM MENU SUBJECT TO CHANGE.
CARROLL CO. SCHOOLS IS AN EQUAL OPPORTUNITY PROVIDER.