



Middle School Menu September 2024

www.carrollcountyschools.com

Fresh Fruit Bowl and water are available daily for Breakfast and Lunch.

LoFat or Fat Free Milk Choice offered daily

ALA CARTE SALES (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

- Extra Milk — \$0.60
- Extra Lunch Entrée — \$2.00
- Rice Krispie Treat — \$1.00
- Soft Pretzel — \$1.00
- Flavored Water — \$1.75

- Extra Breakfast Entrée — \$1.75
- All Extra Side Dishes — \$0.50
- Cookie (1) — \$0.50
- Cheese Sauce Cup — \$0.50

Schools will be offering free breakfast and lunch to all students regardless of income.

**Adult Breakfast—\$2.00
Adult Lunch \$4.00**

	Monday	Tuesday	Wednesday	Thursday	Friday
Day	2	3	4	5	6
Breakfast		Biscuit Choice or Cheese Grits w/Toast / Juice / Fruit	Biscuit Choice or Muffin w/ Cereal / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit
Choose 1 Lunch Entrée or Salad Choice	Holiday	MEAT LOAF OR CHICKEN TENDERS	SLOPPY JO OR BURRITO	CHICKEN SANDWICH OR HAM AND CHEESE SANDWICH	PIZZA OR SPAGHETTI W/ MEAT SAUCE
Must Choose at Least 1:	Holiday	CORNBREAD, GREEN BEANS, MAC AND CHEESE, OKRA, CREAMY COLE SLAW, FRUIT ICE, GRAPES , FRESH FRUIT BOWL	BAKED SWEET POTATO W/ CINNAMON BROWN SUGAR MARGARINE, ROMAINE SALAD, BROCCOLI W/ CHEESE SAUCE, FRESH FRUIT BOWL 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,
Salad Plates or Salad bar		Diced Ham w/Boiled Egg	Baked Potato Bar w/Chili, Sour Cream & Steamed Broccoli	Grilled Chicken	Diced Ham w/Boiled Egg

	9	10	11	12	13
Day					
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	Manager's Choice Juice / Fruit
Choose 1 Lunch Entrée or Salad Choice	CORNDOG OR CHICKEN NUGGETS	COUNTRY FRIED STEAK OR CHICKEN TENDER	TURKEY WRAP OR BEEF NACHOS	BBQ SANDWICH OR HOT HAM AND CHEESE	MANAGERS CHOICE
Must Choose at Least 1:	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	OVEN FRIED OKRA, PASTA SALAD, GRAPES, ROSY PEAR HALVES, FRESH FRUIT BOWL	
Salad Plates or Salad bar	TUNA SALAD	DICED HAM W/BOILED EGG	TUNA SALAD	DICED HAM W/BOILED EGG	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH

Menu is subject to change

This institution is an equal opportunity provider.



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	Monday	Tuesday	Wednesday	Thursday	Friday
Day	16	17	18	19	20
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
Choose 1 Lunch Entrée or Salad Choice	CHICKEN ALFREDO w/ BROCCOLI OR HAMBURGER	FISH AND SHRIMP OR HOT DOG	CHICKEN STIR FRY w/ EGG ROLL OR CHEESE BITES w/ MARINARA	CHICKEN SANDWICH OR PIZZA	MANAGERS CHOICE
Must Choose at Least 1:	BAKED BEANS, VEGGIE DIPPERS, LETTUCE, TOMATO, PICKLE FRENCH FRIES BANANA PUDDING	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	
or Salad	GRILLED CHICKEN	DICED HAM w/BOILED EGG	GRILLED CHICKEN	DICED HAM w/BOILED EGG	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH

	23	24	25	26	27
Day	23	24	25	26	27
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
Choose 1 Lunch Entrée or Salad Choice if offered	TACOS (2) OR STUFFED CRUST CHEESE PIZZA	CHICKEN FAJITA GRILLED CHEESE SANDWICH w/ TURKEY STICK	CHICKEN BISCUIT OR PANCAKES w/SAUSAGE PATTIES (2)	LASAGNA w/ TEXAS TOAST OR PIZZA	MANAGER'S CHOICE
Must Choose at Least 1:	LETTUCE, TOMATO SHREDDED CHEESE / STEAMED WHOLE KERNEL CORN / VEGGIES w/DIP /PEACH HALVES / FRESH STRAWBERRIES w/ WHIPPED TOPPING	POTATO TOTS, REFRIED BEANS, GARDEN SALAD, JUICE BAR / WATERMELON CHUNKS	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	PLEASE SEE INDIVIDUAL SCHOOLS FOR MENU CHOICES TODAY.
Salad Plates or Bar					
	GRILLED CHICKEN	CHEF SALAD	GRILLED CHICKEN SALAD PLATE	CHEF SALAD	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH

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LO FAT AND FAT FREE MILK OFFERED DAILY

	Monday	Tuesday	Wednesday	Thursday	Friday
Day	30	October 1	October 2	October 3	October 4
Breakfast	Biscuit Choice or Cheese Grits w/Toast / Juice / Fruit	Biscuit Choice or Muffin w/ Cereal / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit	Biscuit Choice or Breakfast Pizza / Juice / Fruit	MANAGER'S CHOICE JUICE / FRUIT
Choose 1 Lunch Entrée or Salad Choice	MEAT LOAF OR CHICKEN TENDERS	SLOPPY JO OR BURRITO	CHICKEN SANDWICH OR HAM AND CHEESE SANDWICH	PIZZA OR SPAGHETTI w/ MEAT SAUCE	MANAGER'S CHOICE
Must Choose at Least 1:	CORNBREAD, GREEN BEANS, MAC AND CHEESE, OKRA, CREAMY COLE SLAW, FRUIT ICE, GRAPES , FRESH FRUIT BOWL	BAKED SWEET POTATO w/ CINNAMON BROWN SUGAR MARGARINE, ROMAINE SALAD, BROCCOLI w/ CHEESE SAUCE, FRESH FRUIT BOWL STRAWBERRY SHORTCAKE FRESH FRUIT BOWL	POTATO TOTS, LETTUCE LEAF, TOMATO, PICKLES, CORN & BLACK BEAN SALSA, CANTALOUPE, AP- PLESAUCE CUP, FRESH FRUIT BOWL,	SPINACH SALAD, CORN ON THE COB, CALIFORNIA BLEND VEGETABLES, PEACH SLICES, DRAGON PUNCH, FRESH FRUIT BOWL,	PLEASE SEE INDIVIDUAL SCHOOLS FOR MENU CHOICES TODAY.
or Salad	Diced Ham w/Boiled Egg	Baked Potato Bar w/Chili, Sour Cream & Steamed Broccoli	Grilled Chicken	Diced Ham w/Boiled Egg	PBJ SACK
MS w/Salad Bar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TUNA SALAD	DICED HAM W/BOILED EGG	TUNA SALAD	DICED HAM W/BOILED EGG	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH