



# K-8 School Menu August-September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Mini French Toast	Steak Sandwich
School Pizza *Cheese or Pepperoni Asian Spicy Chicken w/Lo Mein & Roll Chicken Caesar Salad w/ Croutons & Tortilla Sweet Kernel Corn Oriental Stir Fry Vegetables Variety of Salads & Fruits 24	Chicken Nuggets w/Roll Turkey, Ham & Cheese Wrap Chef Salad w/Croutons & Roll California Vegetables Potato Wedges Variety of Salads & Fruits 25	Chopped Chicken BBQ Sandwich Salisbury Steak w/Rice & Roll Chicken Caesar Salad w/Croutons & Tortilla Glazed Sweet Potatoes Seasoned Green Beans Variety of Salads & Fruits 26	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chef Salad w/ Croutons & Roll Fresh Steamed Collard Greens Mashed Potatoes Variety of Salads & Fruits 27	Fish Sandwich Rotini w/Meat Sauce & Breadstick Chicken Caesar Salad w/Croutons & Tortilla Fresh Steamed Broccoli Black-Eyed Peas Variety of Salads & Fruits 28
*Blueberry Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
School Pizza *Cheese or Pepperoni Chicken Fajita w/Rice & Tortilla Chef Salad w/Croutons & Tortilla Seasoned Green Beans Glazed Fresh Carrots Variety of Salads & Fruits 31	Carolina Dog (Chili) Mandarin Chicken & Broccoli over Lo Mein w/Roll Chicken Caesar Salad w/Croutons & Tortilla Brown Sugar Baked Beans Fresh Steamed Broccoli Variety of Salads & Fruits 1	*Stuffed Cheese Sticks w/ Marinara Roasted Turkey w/Gravy, Rice & Roll Chef Salad w/Croutons & Roll Potato Wedges Fresh Steamed Spinach Variety of Salads & Fruits 2	Chicken Filet Sandwich BBQ Meatballs w/Rice & Roll Taco Salad w/Tortilla Chips Green Peas & Carrots Baked Potato Variety of Salads & Fruits 3	Crispy Fish Nuggets & Hushpuppies Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/Croutons & Tortilla Sweet Kernel Corn Seasoned Pinto Beans Variety of Salads & Fruits 4



## A Great Plate for K-8 Consists Of:

**Breakfast:** an entrée made with protein and grain, fruit/fruit juice and milk

Students must take at least 1 serving of fruit with their entrée

**Lunch:** an entrée made with protein and grain, 2 servings of vegetables, fruit and milk

Students must take at least 1 choice from 3 different food groups and 1 must be a fruit or vegetable

**Breakfast offerings may also include:**  
4 oz. Yogurt with Graham Crackers, Cereal with String Cheese, or NutriGrain Bar with String Cheese

**Daily Lunch Offerings include:**  
Yogurt with String Cheese (Vegetarian) and Hummus with Tortilla (Vegan)

Visit [www.cms.k12.nc.us/cmsdepartments/cns](http://www.cms.k12.nc.us/cmsdepartments/cns) for Meal Pricing, Nutrition, and Allergen Information  
Use [www.paypams.com](http://www.paypams.com) for pre-payments & monitoring

\*Indicates vegetarian entrée for Breakfast and Lunch. This institution is an equal opportunity provider. Menu is subject to change without prior notice.