

Menus For January 2019

Carmel Central School District
Elementary Buildings

This institution is an equal opportunity provider.



DAILY HEALTHY CHOICES

Breakfast: Choice of cereal served with graham crackers, or yogurt with graham crackers are offered daily as alternative selections to the "Featured Breakfast" menu item. Breakfast is served with 100% Fruit Juice, Fresh Fruit or Raisins and Choice of Milk.

Lunch: Turkey on a W/G Roll, Ham on a W/G Roll, PB&J Uncrustable, Yogurt with Cheese & W/G Roll, Tuna on a W/G Roll, W/G Pizza, or Toasted Cheese on W/G Bread, are offered daily as alternative lunch selections. Lunch is served with fruit, vegetable, 100% Fruit Juice and Choice of Milk.

All menus are subject to change due to weather related delays or closings.

mySchoolBucks[®]



Breakfast

\$1.50

Lunch

\$2.80

Go to: mySchoolBucks.com

DON'T GET!

Take at least

ONE

**FRUIT or
VEGGIE**

and at least

THREE items total
so your meal
counts as a
complete lunch!

Wed., January 2

Breakfast

Flatbread Breakfast Pizza
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Chicken Nuggets with Dip
W/G Roll
Steamed Broccoli
Vegetarian Beans

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Thursday, January 3

Breakfast

Cinnamon or Strawberry
Stuffed Bagel
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Mozzarella Sticks with
Marinara Sauce
Romaine Salad
Grape Tomatoes

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Friday, January 4

Breakfast

Honey Bun
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Stuffed Crust Pizza
Steamed Squash
Baby Carrots

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

First things First

**BREAKFAST
@SCHOOL**

For first-class learning!

Monday, January 7

Breakfast

Mini Pancakes
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Popcorn Chicken with Dip
W/G Roll
Steamed Broccoli
Corn Niblets

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Tuesday, January 8

Breakfast

Assorted Muffins
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Flame-Broiled Burger or
Cheeseburger on a W/G
Bun
Lettuce & Tomato
Baby Carrots
Garbanzo Bean Salad

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Wed., January 9

Breakfast

Flatbread Breakfast Pizza
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Macaroni & Cheese
W/G Roll
Steamed Carrots
Seasoned Squash

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Thursday, January 10

Breakfast

Cinnamon or Strawberry
Stuffed Bagel
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Kentucky Style Chicken
Drumsticks
Mashed Potatoes with Gravy
Green Beans
Celery Sticks
W/G Dinner Roll

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Friday, January 11

Breakfast

Honey Bun
100% Juice, Fresh Fruit or
Raisins, Choice of Milk

Lunch

Garlic French Bread Pizza
with Marinara for Dipping
Romaine Salad
Cherry Tomatoes

Fresh Fruit and
Canned Fruit Assortment
100% Juice, Choice of Milk

Monday, January 14

Breakfast

Mini Pancakes
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Popcorn Chicken with Dip
W/G Roll
Garbanzo Bean Salad
Steamed Broccoli

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Tuesday, January 15

Breakfast

Assorted Muffins
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Sloppy Joe on a W/G Bun
Seasoned Carrots
Celery Sticks

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Wed., January 16

Breakfast

Flatbread Breakfast Pizza
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Macaroni & Cheese
W/G Roll
Steamed Green Beans
Baby Carrots

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Thursday, January 17

Breakfast

Cinnamon or Strawberry Stuffed Bagel
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Nachos with Turkey Taco Meat
Lettuce, Salsa, Shredded Cheddar Cheese
Steamed Zucchini
Steamed Corn

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Friday, January 18

Breakfast

Honey Bun
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Mexican Taco Pizza
Romaine Salad
Grape Tomatoes

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk



Choice of Milk Served with all complete meals

Fat-Free White
Low-fat White 1%
Fat-Free Chocolate
Milk sold separately 50¢

Monday, January 21



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 22

Breakfast

Assorted Muffins
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Chicken Nuggets with Dip
W/G Roll
Vegetarian Beans
Seasoned Carrots

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Wed., January 23

Breakfast

Flatbread Breakfast Pizza
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Soft Shell Turkey Taco
Lettuce, Salsa & Cheddar Cheese
Steamed Broccoli
Sliced Bell Peppers

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Thursday, January 24

Breakfast

Cinnamon or Strawberry Stuffed Bagel
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Mozzarella Sticks with Marinara Sauce
Steamed Peas
Baby Carrots

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Friday, January 25

Breakfast

Honey Bun
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

W/G Cheese Bagel Pizza
Romaine Salad
Grape Tomatoes

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

A NOTE FROM FOOD SERVICES

Students who qualify for a free or reduced-price lunch automatically qualify for a free or reduced-price breakfast.

Monday, January 28

Breakfast

Mini Pancakes
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Chicken Nuggets with Dip
W/G Roll
Vegetarian Beans
Steamed Green Beans

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Tuesday, January 29

Breakfast

Assorted Muffins
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Deli Turkey on W/G Club Roll
with Lettuce, Tomato, & Bacon
Seasoned Carrots
Cucumber Slices

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Wed., January 30

Breakfast

Flatbread Breakfast Pizza
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Mozzarella Sticks with Marinara Sauce
Corn Niblets
Green Pepper Sticks

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Thursday, January 31

Breakfast

Cinnamon or Strawberry Stuffed Bagel
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

Mandarin Orange Chicken Stir Fry
Vegetable Rice
Baby Carrots
Steamed Broccoli

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

Friday, February 1

Breakfast

Honey Bun
100% Juice, Fresh Fruit or Raisins, Choice of Milk

Lunch

5" Round Pan Pizza
Romaine Salad
Grape Tomatoes

Fresh Fruit and Canned Fruit Assortment
100% Juice, Choice of Milk

We are pleased to provide FREE AND REDUCED-PRICE MEALS

for all students who qualify. It's simple to apply and we accept applications all year.

Learn more at www.carmelschools.org or call 878-2094 x255