



# APRIL MIDDLE SCHOOL CARBS

**BREAKFAST – 1.85    ADULT - \$2.30**  
**LUNCH - \$3.00        ADULT - \$4.00**  
**2<sup>nd</sup> MEAL - \$3.25     MILK - \$.60**

A bagged meal will be available on Tuesday afternoon for Wednesday when they will not be in school. These meals must be preordered on Tuesday morning and picked up in the cafeteria before the student leaves for the day. All Meals are being served free until June 2021

JUICE OPTIONS	GRAB AND GO BREAKFAST OPTIONS	
Capri Sun – Apple Juice – 20g	Benefit Oatmeal Chocolate Chip Bar – 47g	Yoplait 4 oz yogurt – 15g
Capri Sun – Fruit Punch – 21g	Benefit Apple Blueberry Chip Bar – 48g	Upstate Farms 8oz Yogurt – Peach – 38g
Capri Sun – Berry Juice – 21g	Nutri Grain Bars – Apple, Blueberry Strawberry – 30g	Upstate Farms 8 oz Yogurt – Straw/Ban – 37g
Juicy Juice 4.23 oz.- Apple – 15g	General Mills Cereal Bars – 30g	Cinnamon Toast Crunch – 22g
Juicy Juice – 4.23 oz -. Fruit Punch – 15g	Kellogg’s Pop-tarts (2pack) – 76g	Cocoa Puffs -25g
	Muffins – 2 oz – 27g / 4 oz – 61g	Cocoa Krispies – 28g
Sun Cups – 6.75 oz. Fruit Punch, Grape, Berry – 33g	Strudel – Apple – 36g/ Cherry – 37g	Reese’s Puff (21g)
		Lucky Charms (23g)
		Apple Jacks (24g)

Potatoes:	Other items	Bread – Rolls
Crinkle Fries – 20g	Santiago Refried Beans – 25g	White Sandwich Bread (2) – 28g
Colossal Crisp fries – 26.9g	Brown Rice 35g	Whole Wheat Bread – 17g
Idahoan Instant Potatoes – 17g	Mimh Egg Roll Vegetable – 24g	Whole Wheat Cluster Dinner Roll – 14g
McCain Crispy Fries – 25g	Minh Fried Rice Vegetable – 54g	Multi –Grain Dinner Roll – 17g
McCain emoticon – 23g	Alfredo Sauce – 6g	Whole Wheat Hamburger Roll – 22g
McCain Spirals – 21g	Hot Dog – 1g	Whole Wheat Large Hamburger Roll – 25g
WG Onion Rings – 28g	Rib B Q sliders – 43g	Whole Wheat 5”Steak Roll – 29g
Oreida Fries – 20g	Pizza Crunchers – 41g	Whole Wheat Medium Kaiser Roll – 30g
Oreida Hash Patty – 15g	Cheese Stuff Shells – 25g	Whole Wheat 6” Steak Roll – 37g
Oreida Tater Tots – 19g	Tasty Brand WG lasagna – 29g	Wheat Jumbo Hot Dog Roll – 25g
Oreida Waffle Fry – 21g	Chicken N Waffle Bites – 10g	Whole Wheat Hot Dog Roll – 22g
Twister Fries – 23.81	Turkey Pepperoni – 2g	Soft Stuffing cubes ( 2 ¼ cup) – 53g
Swt Tater Gems – 17g		

Monday April 12	Tuesday April 13	Wednesday NO SCHOOL	Thursday April 15	Friday April 16
<p><b><u>Snack/breakfast</u></b>            French Toast Sticks            French Toast Sticks (Feeser’s) (24g)            Syrup (43g)            Juice            Fruit Cup            Milk</p> <p><b><u>Cafeteria Lunch</u></b>            Wedge or Mexican Pizza            Tony’s fiestada – 43g            Big Daddy Pizza            Original – 42g            Primo – 35g</p> <p>Chicken Nuggets            Tyson – 13g</p> <p>Premade Sub or Salad            Sub, Sandwich, Wrap or Salad            Bologna – 8g            Turkey ham – 0g            Ham – 1 g            Hatfield salami – 3 g            Magnifico Salami – 0g            Jennio Turkey – 1 g</p>	<p><b><u>Snack/breakfast</u></b>            WG Assorted Muffin            Apple Cinnamon (30g)            Banana Muffin ( 30g)            Blueberry (30)            Chocolate Chip (32g)            Juice            Fruit Cup            Milk</p> <p><b><u>Cafeteria Lunch</u></b>            Wedge or Mexican Pizza            Tony’s fiestada – 43g            Big Daddy Pizza            Original – 42g            Primo – 35g</p> <p>Chicken Nuggets            Tyson – 13g</p> <p>Premade Sub or Salad            Sub, Sandwich, Wrap or Salad            Bologna – 8g            Turkey ham – 0g            Ham – 1 g            Hatfield salami – 3 g            Magnifico Salami – 0g            Jennio Turkey – 1 g</p>	<p>Meals can be picked up Tuesday’s after school</p> <p>SNACK/BREAKFAST            Cereal Bowl            Juice            Fruit Cup            Milk</p> <p>LUNCH            Ham &amp; cheese Sandwich (turkey ham)            Celery Sticks            Apple            Milk</p>	<p><b><u>Snack/breakfast</u></b>            Pop Tarts            Blueberry – 76g            Chocolate Fudge – 76g            Cinnamon – 76g            Strawberry – 76g            Juice            Fruit Cup            Milk</p> <p><b><u>Cafeteria Lunch</u></b>            Personal Pizza            Tony’s 5” deep dish pizza – F – 31g US -39g            Big Daddy Pizza            Original – 42g            Primo – 35g            Orange Glazed Chicken w/ Rice            Tangerine Chicken W/ rice, and WG Roll            Tangerine Chick. – 25g            WG Fried Rice – 54g            Premade Subs or Salad            Sub, Sandwich, Wrap or Salad            Bologna – 8g            Turkey ham – 0g            Ham – 1 g            Hatfield salami – 3 g            Magnifico Salami – 0g</p>	<p><b><u>Snack/breakfast</u></b>            Mini Donuts            Bake Crafters            WG Choc. donuts 41 g            Juice            Fruit Cup            Milk</p> <p><b><u>Cafeteria Lunch</u></b>            Personal Pizza            Tony’s 5” deep dish pizza – F – 31g US -39g            Big Daddy Pizza            Original – 42g            Primo – 35g            Orange Glazed Chicken w/ Rice            Tangerine Chicken W/ rice, and WG Roll            Tangerine Chick. – 25g            WG Fried Rice – 54g            Premade Subs or Salad            Sub, Sandwich, Wrap or Salad            Bologna – 8g            Turkey ham – 0g            Ham – 1 g            Hatfield salami – 3 g            Magnifico Salami – 0g</p>

Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1g Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g Oven Fries Oreida Evercrisp – 22g  <u><b>BAGGED LUNCH</b></u> PBJ Veggies, Fruit, & Milk	Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1g Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g Oven Fries Oreida Evercrisp – 22g  <u><b>BAGGED LUNCH</b></u> PBJ Veggies, Fruit, & Milk		Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g Steamed Broccoli – 3g  <u><b>BAGGED LUNCH</b></u> Turkey & Cheese Veggies, Fruit & Milk	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g Steamed Broccoli – 3g  <u><b>BAGGED LUNCH</b></u> Turkey & Cheese Veggies, Fruit & Milk
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Monday April 19	Tuesday April 20	Wednesday NO SCHOOL	Thursday April 22	Friday April 23
<u><b>Snack/breakfast</b></u> Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g Juice Fruit Cup Milk  <u><b>Cafeteria Lunch</b></u> Garlic French Bread Pizza Wedge or Fr. Bread Pizza Tony’s French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g  Chicken Tenders Chicken Tenders Tyson – 16g  Premade Sub or Salad Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g Oven Fries Oreida Evercrisp – 22g  <u><b>BAGGED LUNCH</b></u> Yogurt w/Scooby Snacks Veggies, Fruit, & Milk	<u><b>Snack/breakfast</b></u> WG Cinnamon Roll (22g) Juice Fruit Cup Milk  <u><b>Cafeteria Lunch</b></u> Garlic French Bread Pizza Wedge or Fr. Bread Pizza Tony’s French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g  Chicken Tenders Chicken Tenders Tyson – 16g  Premade Sub or Salad Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g Oven Fries Oreida Evercrisp – 22g  <u><b>BAGGED LUNCH</b></u> Yogurt w/Scooby Snacks Veggies, Fruit, & Milk	Meals can be picked up Tuesday’s after school  SNACK/BREAKFAST Cereal Bowl Juice Fruit Cup Milk  LUNCH Turkey & cheese Carrot Pack Apple Milk	<u><b>Snack/breakfast</b></u> Assorted Frudel (36g) Apple (36g) Cherry (37g) Juice Fruit Cup Milk  <u><b>Cafeteria Lunch</b></u> Garlic French Bread Pizza Wedge or Fr. Bread Pizza Tony’s French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g  Nacho, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g  Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g Steamed Corn – 17 g  <u><b>BAGGED LUNCH</b></u> Turkey Ham & Cheese Veggies, Fruit & Milk	<u><b>Snack/breakfast</b></u> Mini Donuts Bake Crafters WG Choc. donuts 41 g Juice Fruit Cup Milk  <u><b>Cafeteria Lunch</b></u> Garlic French Bread Pizza Wedge or Fr. Bread Pizza Tony’s French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g  Nacho, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g  Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g  Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g Steamed Corn – 17 g  <u><b>BAGGED LUNCH</b></u> Turkey Ham & Cheese Veggies, Fruit & Milk