

# MAY 2016

CHARLOTTE ISD

## 5<sup>th</sup>-8<sup>th</sup> MIDDLE SCHOOL

Meal Prices

Student \$2.10 Visitors \$4.00  
Adult \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>BASKET: POPCORN CHICKEN</b> w/ WG Roll &amp; Carrot Sticks w/ Ranch &amp; Ketchup</p> <p><b>KING RANCH CHICKEN CASSEROLE</b> Scalloped Potatoes Broccoli Normandy Chilled Peaches WG Roll</p>	<p>3</p> <p><b>SALAD: CRISPY CHICKEN SALAD</b> WG Rolls</p> <p><b>BAKED POTATO</b> <b>Pre-portioned meat = 2 M/MA</b> Diced Ham (or) Fajita Chicken Green Onions/ 1- pat Butter / Shredded Cheese Oriental Blend Vegetables Fruit Slush Cup / Deli Salad Glazed Carrots /WG Rolls</p>	<p>4</p> <p><b>BASKET: CHICKEN RINGS</b> w/Ketchup, Corn on Cobb and Cherry Tomato &amp; Garlic Butter Roll</p> <p><b>LASAGNA (BEEF)</b> WG Garlic Butter Roll Mixed Vegetables Yellow Squash Blushing Pears</p>	<p>5</p> <p><b>CHICKEN FAJITA SALAD</b> w/ WG Tortilla Chips</p> <p><b>CHICKEN FAJITA TACO (SOFT)</b> Spanish Rice /Refried Beans Broccoli and Cheese (SW) Lettuce &amp; Tomato Salad 100% Fruit Slush Cup / Jalapeno /Salsa</p>	<p>6</p> <p><b>BASKET: BAR BQ Pulled-PORK on Bun</b> w/ Carrot sticks w/ FF Ranch Dressing</p> <p><b>CHICKEN ALFREDO with Broccoli</b> <b>KICKIN BAR BQ CHICKEN-Leg</b> w/ Baked Beans Potato Salad / Corn on Cobb (2) Seasoned Green Beans Burger Salad Rosy Applesauce/ WG Rolls</p>
<p>9</p> <p><b>BASKET: SLOPPY JOE</b> w/Sun Chips Salsa</p> <p><b>CHICKEN NUGGETS</b> Mashed Potatoes Peas and Carrots Chilled Mixed Fruit WG Rolls / Crème Gravy</p>	<p>10</p> <p><b>SALADS: CHEF SALAD- (Turkey)</b> w/WG Roll</p> <p><b>SWEET AND SOUR MEATBALLS</b> w/ Rice (Steamed Brown) Stir Fry Blend Vegetables Glazed Carrots 100% Fruit Slush Cup Fortune Cookie</p>	<p>11</p> <p><b>BASKET: CORN DOG</b> w/ mustard , ketchup &amp; Baked Lays Chips</p> <p><b>CHICKEN and WAFFLES</b> Chicken Tenders Waffles (Corn on Cobb (2) Seasoned Spinach Chilled Mixed Fruit Pat of Butter and Syrup (1ea.)</p>	<p>12</p> <p><b>SALAD: BEEF TACO SALAD</b> WG Tortilla Chips</p> <p><b>BEEFY NACHO</b> Spanish Rice /Refried Beans Broccoli (Steamed) Lettuce &amp; Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa</p>	<p>13</p> <p><b>BASKET: HAMBURGER</b> w/ mustard, mayo, ketchup &amp; Baked Lays Chips</p> <p><b>CRISPY CHICKEN PATTY</b> Au Gratin Potato Seasoned Mix Vegetables Chilled Pineapple Tidbits WG Rolls (Ketchup)</p>
<p>16</p> <p><b>BASKET: HOT DOG</b> w Sun Chips – Garden Salsa</p> <p><b>CHICKEN SPAGHETTI</b> Scallop Potatoes Glazed Carrots Green Peas (Seasoned) Blushing Pear WG Rolls</p>	<p>17</p> <p><b>SALAD: CRISPY CHICKEN SALAD</b> w/ WG Roll &amp;w/ FF Ranch</p> <p><b>GRILLED CHICKEN SANDWICH</b> Stir Fry Blend Vegetables Cucumber Chips 100% Fruit Slush Cup WG Roll Deli Salad Fortune Cookie</p>	<p>18</p> <p><b>BASKET: TURKEY and CHEESE SANDWICH</b> w/ Baked Lays Chips</p> <p><b>PIZZA (Home-style)</b> <b>(Cheese/ Pepperoni/Spicy Pep)</b> Italian Cut Green Beans Deli Salad Seasoned Corn Chilled Peaches</p>	<p>19</p> <p><b>SALAD: CHICKEN FAJITA SALAD</b> WG Tortilla Chips</p> <p><b>TWIN CRISPY (Beef) TACOS (2)</b> Pinto Beans Spanish Rice Santa Fe Blend Vegetables Lettuce and Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno</p>	<p>20</p> <p><b>BASKET: CHICKEN NUGGETS</b> w/ WG Roll &amp; Carrot Sticks w/ FF Ranch &amp; Ketchup</p> <p><b>HAMBURGER</b> mustard , ketchup, mayo Curly Potato Fries Steamed Broccoli Burger Salad Peach Cup</p>
<p>23</p> <p><b>BASKET: POPCORN CHICKEN</b> w/ WG Roll Carrot Sticks &amp; Ranch &amp; Ketchup</p> <p><b>BAKED CHICKEN</b> Au Gratin Potatoes Black- eye Peas Okra and Tomatoes Chilled Mixed Fruit</p>	<p>24</p> <p><b>SALAD: CHEF SALAD w/ Turkey</b> w/ WG Roll &amp; w/ FF Ranch</p> <p><b>ZESTY ORANGE CHICKEN</b> w/ Rice (Steamed) Brown Glazed Carrots Oriental Blend Vegetables Fortune Cookie 100% Fruit Slush Cup</p>	<p>25</p> <p><b>BASKET: CHICKEN RINGS</b> w/Ketchup, Corn on Cobb and Cherry Tomatoes &amp; WG Garlic Butter Roll</p> <p><b>PIZZA (Home-style)</b> <b>(Cheese/ Pepperoni/Mexican)</b> Seasoned Corn Baked Italian Zucchini &amp; Tomatoes Chilled Mandarin</p>	<p>26</p> <p><b>SALAD: BEEF TACO SALAD</b> WG Tortilla Chips</p> <p><b>CHEESE NACHOS w/ FAJITA CHICKEN</b> Santa Fe Blend Vegetables Lettuce &amp; Tomato Salad 100% Fruit Slush Cup Jalapeno / Salsa</p>	<p>27</p> <p><b>BASKET: BAR BQ Pulled-PORK on Bun</b> w/ Carrot sticks w/ FF Ranch Dressing</p> <p><b>SOUTHWEST CHICKEN WRAP</b> Potato Salad Corn on Cobb / Baked Beans Burger Salad Chilled Pineapple Tidbits WG Rolls</p>
<p>30</p> <p><b>BASKET: HOT DOG</b> w Sun Chips – Garden Salsa</p> <p><b>CHICKEN FRIED STEAK (FINGERS)</b> Mashed Potatoes Peas &amp; Carrots Chilled Apricots WG Roll</p> <p><b>Memorial Day</b></p>	<p>31</p> <p><b>CHEF SALAD –Turkey (Diced)</b> w/ WG Rolls</p> <p><b>GENERAL TSO CHICKEN</b> w/ Rice (Steamed Brown) Stir Fry Blend Vegetables Glazed Carrots Romaine Spinach Garden Salad 100% Fruit Slush Cup Deli Salad / Fortune Cookie</p>			

**ALL SIDE ITEMS ARE OFFERED WITH EVERY ENTRÉE**

**SERVED DAILY : ROMAINE GARDEN SALAD w/FF Ranch / SEASONAL- FRESH WHOLE FRUIT / 1% WHITE OR FAT FREE FLAVORED MILK**

**Milk: 8 oz. / 1% White / FF (Flavored)**

**FF- Buttermilk Ranch Dressing: (1 oz.) /Kens (1 ea.)**

Note: All Grain Products offered are – Whole Grain

**Note:**

All Vegetables and Fruits and Milk offered on DAILY HOT FOOD SERVING LUNCH LINES- MUST BE offered with **BASKET** and **SALAD** Daily

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**Seasonal Fresh Fruit:** Apples (125 -138 ct.) = 1 cup  
Banana (100- 120 ct.) = ½ cup  
Orange (Whole – 138 ct.) = ½ cup  
Orange (Wedge) - 138 ct. / cut into (6) wedges / (3) Wedges = ¼ cup / (6) Wedges = ½ cup  
Peach (80 ct.) = ½ cup  
Grapes (seedless) (18 ct.) loose grapes = ½ cup  
Pears (150 ct.) = ½ cup  
Watermelon ½ cup = ½ cup

**Carrots: (Sticks)**

**and Celery (Sticks)** (3) ½ x 4" = ¼ cup  
(6) ½ x 4" = ½ cup  
(8) ½ x 4" = ¾ cup

**Baby Carrots:** (Baby)

1 – cup = 5.12 oz.  
¾ - cup = 3.84 oz.  
½ - cup = 2.5 oz.

**Baked Potato** – (1) each/ 100 ct. = ¼ Cup  
**Cherry Tomatoes** (3) = ¼ Cup  
(6) = ½ Cup

Important: **All sides offered** (Fruit s, Vegetables and Milk) **may not** be **altered** in anyway. If there should be a substitution, please make notation of all changes on the daily production record and note the reason. All substitutes must also be reported to WQS consultant to assure that meals are still in compliance

*Any District choosing not to use WQS Menus will have to sign a waiver to submit to school district's CFO and Superintendent for auditing release*

