

Middle & High School Lunch Menu

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
4/3	4/4	4/5	4/6	4/7
Country Fried Steak with Texas Toast 300 19 6 16 450 90 1 0 16 170	Chicken Fajita with Flour Tortilla 162 7 0.6 8 559 90 2.5 1.5 15 75	Hot Ham & Cheese Sub 319 8 3 41 1154	Barbecue Pork with Hamburger Bun 184 14 5 0 85 160 2 0 31 270	Meatball Sub 463 19 7.6 48 923
Buttered Carrots 34 0 0 8 102	California Vegetables 28 0 0 6 86	Steamed Broccoli 27 0 0 6 20	Carrot & Celery Nibbles with Ranch Dip 88 6 1 9 178	California Vegetables 28 0 0 6 86
Seasoned Green Beans 20 0 0 3 230	Seasoned Black Beans 134 0.6 0 26 160	Buttered Carrots 34 0 0 8 102	Cheesy Ranch Potatoes 115 4 2 17 178	Marinated Cucumber-Tomato Salad 21 0 0 5 317
Mashed Potatoes 90 1.5 0.5 17 139	Oven French Fries 80 2.5 0.5 13 190	Roasted Squash & Zucchini 31 0 0 6 92	Coleslaw 84 4.8 0.7 11 136	Mashed Potatoes 90 1.5 0.5 17 139
Fresh Apple 55 0 0 14 0	Taco Trimmings 4 0 0 1 2	Sandwich Trimmings 16 0 0 3 14	Baked Beans 150 1.5 0 29 590	Fresh Apple 55 0 0 14 0
Pineapple Tidbits 80 0 0 20 0	Banana 108 0 0 28 0	Fresh Pear 96 0 0 23 0	Orange Smiles 62 0 0 15 0	Peach Slices 60 0 0 14 10
	Orange Smiles 62 0 0 15 0	Fruit Cocktail 60 0 0 14 10	Manager's Choice Fruit Cookie 110 3 1 19 115	
4/10	4/11	4/12	4/13	4/14
Italian Spaghetti w/ Meat Sauce with Garlic Texas Toast 291 7 2 36 624 80 1 0 13 140	Beef Taco Meat with Flour Tortilla 117 6 2 3 62 90 2.5 1.5 15 75	Clarksville Club 379 16 8 34 896	Hamburger Patty with Hamburger Bun 170 14 6 0 85 160 2 0 31 270	No School
Fresh Tomato Wedges with Ranch Dip 16 0 0 3 0 70 6 1 5 130	Roasted Squash & Zucchini 31 0 0 6 92	Carrot & Celery Nibbles with Ranch Dip 88 6 1 9 178	Buttered Carrots 34 0 0 8 102	
Italian Vegetables 41 0 0 7 94	Seasoned Black Beans 134 0.6 0 26 160	Roasted Broccoli 38 0 0 8 100	Oven French Fries 80 2.5 0.5 13 190	
Green Peas 87 0 0 15 152	California Vegetables 28 0 0 6 86	Whole Kernel Corn 121 1 0 23 160	Marinated Cucumber-Tomato Salad 21 0 0 5 317	
Fresh Apple 55 0 0 14 0	Fresh Pico de Gallo 14 0 0 3 21	Sandwich Trimmings 16 0 0 3 14	Fresh Pear 96 0 0 23 0	
Pineapple Tidbits 80 0 0 20 0	Taco Trimmings 4 0 0 1 2	Fresh Apple 55 0 0 14 0	Fruit Cocktail 60 0 0 14 10	
	Manager's Choice Fruit 62 0 0 15 0	Peach Slices 60 0 0 14 10	Cinnamon Roll 180 1 0.5 37 140	
4/17	4/18	4/19	4/20	4/21
Fiesta Mac with Garlic Texas Toast 252 11 4.6 24 693 80 1 0 13 140	Chicken Fajita with Flour Tortilla 162 7 1 8 559 90 2.5 1.5 15 75	Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253 140 2.5 1 32 80	Turkey & Ham Sub with Cheese 321 8 4 43 982 Bistro Salad 81 0 0 19 29	Personal Cheese Pizza 330 12 7 33 600
Buttered Carrots 34 0 0 8 102	Roasted Squash & Zucchini 31 0 0 6 92	Fresh Tomato Wedges with Ranch Dip 16 0 0 3 0 70 6 1 5 130	Broccoli, Carrot, and Tomato Nibbles with Ranch Dip 85 6 1 8 148	Personal Pepperoni Pizza 310 10 3 35 470
Seasoned Green Beans 20 0 0 3 230	Refried Beans 144 1 0 24 515	Roasted Bell Peppers & Onions 51 2 0 7 3	Marinated Cucumber-Tomato Salad 21 0 0 5 317	Manager's Choice Entrée
Whole Kernel Corn 121 1 0 23 160	Potato Smiles 163 5.6 0.6 25 225	California Vegetables 28 0 0 6 86	Sandwich Trimmings 16 0 0 3 14	Carrot Nibbles with Ranch Dip 94 6 1 11 171
Fresh Apple 55 0 0 14 0	Salsa 30 0 0 7 158	Mashed Potatoes 90 1.5 0.5 17 139	Chips 140 6 1 18 210	Steamed Broccoli 27 0 0 6 20
Pear Slices 60 0 0 14 5	Taco Trimmings 4 0 0 1 2	Fresh Pear 96 0 0 23 0	Banana Split Fruit Salad 86 0 0 21 0	Oven French Fries 80 2.5 0.5 13 190
	Banana 108 0 0 28 0	Fruit Cocktail 60 0 0 14 10	Fresh Pear 96 0 0 23 0	Manager's Choice Vegetable 60 0 0 15 20
	Peach Slices 60 0 0 14 10		Pizza and Chicken on the Run Special:	
			• Pizza Sub with Saucy Marinara Dipper 419 15 6 46 1353	
			• Sweet Honey Mustard Chicken Wrap 339 11 5 44 719	
4/24	4/25	4/26	4/27	4/28
Sloppy Joe with Hamburger Bun 145 6 2 9 202 160 2 0 31 200	Nacho Grande with Spanish Rice 384 19 4 37 528 80 0 0 18 301	Italian Spaghetti w/ Meat Sauce with Garlic Texas Toast 291 7 2 36 624 80 1 0 13 140	Barbecue Pork with Hamburger Bun 184 14 5 0 85 160 2 0 31 270	Hamburger Patty with Hamburger Bun 170 14 6 0 85 160 2 0 31 270
Fresh Tomato Wedges with Ranch Dip 16 0 0 3 0 70 6 1 5 130	Carrot Nibbles with Ranch Dip 94 6 1 11 171	Buttered Carrots 34 0 0 8 102	Carrot Nibbles with Ranch Dip 94 6 1 11 171	Marinated Cucumber-Tomato Salad 21 0 0 5 317
Roasted Bell Peppers & Onions 51 2 0 7 3	California Vegetables 28 0 0 6 86	Roasted Broccoli 38 0 0 8 100	Roasted Squash & Zucchini 31 0 0 6 92	California Vegetables 28 0 0 6 86
Turnip Greens 37 0 0 7 133	Mixed Beans 102 0 0 19 312	Whole Kernel Corn 121 1 0 23 160	Baked Beans 150 1.5 0 29 590	Potato Smiles 163 5.6 0.6 25 225
Mashed Potatoes 90 1.5 0.5 17 139	Fresh Pico de Gallo 14 0 0 3 21	Orange Smiles 62 0 0 15 0	Fresh Apple 55 0 0 14 0	Hamburger Trimmings 32 0 0 7 126
Fresh Apple 55 0 0 14 0	Taco Trimmings 4 0 0 1 2	Manager's Choice Fruit 60 0 0 14 10	Fruit Cocktail 60 0 0 14 10	Fresh Pear 96 0 0 23 0
Pear Slices 60 0 0 14 5	Banana 108 0 0 28 0			Fruited Gelatin 183 2 2 40 143
	Peach Slices 60 0 0 14 10			

Weekly Pizza and Chicken on the Run Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza Slice 310 13 7 29 470	Personal Cheese Pizza 330 12 7 33 600	Cheese Pizza Slice 310 13 7 29 470	Personal Cheese Pizza 330 12 7 33 600	Cheese Pizza Slice 310 13 7 29 470
Pepperoni Pizza Slice 350 16 8 29 680	Personal Pepperoni Pizza 310 10 3 35 470	Pepperoni Pizza Slice 350 16 8 29 680	Personal Pepperoni Pizza 310 10 3 35 470	Pepperoni Pizza Slice 350 16 8 29 680
Chicken Nuggets with Biscuit 250 12 6 31 490	Homestyle Chicken Patty with Hamburger Bun and Fresh Trimmings 170 8 2 9 394 160 2 0 31 200 32 0 0 7 126	Chicken Parmesan with Hamburger Bun 300 16 4 18 667 160 2 0 31 200	Hot & Spicy Chicken Breast Fills with Hamburger Bun and Fresh Trimmings 216 8 1 16 534 160 2 0 31 200 32 0 0 7 126	Crispy Chicken Po'Boy with Fresh Trimmings 32 0 0 7 126



Help yourself to delicious fruits and vegetables!

In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.



Lunch Prices:
Elementary Full Pay: \$2.55
Middle/High Full Pay: \$2.75
Approved Reduced: \$0.40
Adults/Visitors: \$3.40
A la Carte 1/2 Pint Milk: \$0.50 each, any flavor.



Choice of Fresh Fruit or 100% Juice, Crisp Side Salad, and a variety of Milk offered each day at Breakfast and Lunch!
PB&J Sandwich Offered as an Entrée Option at Lunch Daily.
This institution is an equal opportunity provider.

Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.