

August 2017 Middle & High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 Half Day <i>Breakfast & Lunch will not be served</i>	8 No School	9 Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Hamburger with Bun Rockin' Broccoli Carrot Nibbles with Ranch Dip Oven French Fries Rips 100% Juice Slush	10 Pulled Pork BBQ with Bun Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Cheesy Ranch Potatoes Zesty Coleslaw Orange Smiles Sweet Pineapple Tidbits	11 Hot Dog with Hot Dog Bun Chili con Carne Topping (1/4 Cup) California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Cinnamon Roll
14 Sloppy Joe with Bun Roasted Broccoli Buttered Carrots Oven French Fries Fresh Apple Chilled Pear Slices	15 Nacho Grande Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices	16 Country Fried Steak with Texas Toast Zesty Steamed Broccoli Roasted Bell Peppers & Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Melon Sweet Pineapple Tidbits	17 Tasty BBQ Pork Rib Patty with Sub Bun Seasoned Green Beans Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	18 Italian Spaghetti & Meat Sauce with Garlic Texas Toast Sweet Peas & Carrots Roasted Squash & Zucchini Marinated Cucumber- Tomato Salad Fresh Pears Fruited Gelatin
21 No School	22 Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	23 Chicken Tetraxini with Garlic Texas Toast ★ Hot & Spicy Chicken with Bun Italian Blend Vegetables Seasoned Green Beans Carrot Nibbles with Ranch Dip Fresh Apple Chilled Fruit Cocktail	24 Turkey & Turkey Ham Sub ★ BBQ Ranch Chicken Salad ▲ Pizza Sub Broccoli, Carrot, & Tomato Nibbles w/ Ranch Bistro Salad Marinated Cucumber- Tomato Salad Fresh Whole Peaches Banana Split Fruit Salad Cookie	25 Golden Breaoded Fish with Bun Antigua Blend Vegetables Zesty Coleslaw Baked Beans Orange Smiles Applesauce
28 Italian Spaghetti & Meat Sauce with Garlic Texas Toast Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits	29 Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Orange Smiles Fresh Banana	30 Clarksville Club Zesty Steamed Broccoli Whole Kernel Corn Carrot & Celery Nibbles with Ranch Dip Fresh Apple Mandarin Oranges	31 Country Fried Steak with Texas Toast Buttered Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	<p><i>Check for these icons on the menu for Chicken on the Run and Pizza Specials!</i></p> <p>★ Chicken on the Run Special ▲ Pizza Special</p>
Weekly Chicken on the Run and Pizza Menu				
Clarksville Hot Chicken with Texas Toast Cheese Pizza Slice Pepperoni Pizza Slice	Homestyle Chicken Nuggets with Biscuit Cheese Pizza Pepperoni Pizza	Buffalo Chicken with Bun Cheese Pizza Slice Pepperoni Pizza Slice	Crispy Popcorn Chicken with Garlic Texas Toast Cheese Pizza Pepperoni Pizza	General Tso Chicken with Rice Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily!

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.

PB&J Sandwich offered as an entree option at lunch daily.

Nutrition information is available on page 2 • This institution is an equal opportunity provider.

August 2017 Middle & High School Lunch Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
1	2	3	4	5
No School	No School	No School	No School	No School
7	8	9	10	11
Half Day <i>Breakfast & Lunch will not be served</i>	No School	Deep Dish Cheese Pizza 330 12 7 33 600 Deep Dish Pepperoni Pizza 310 10 3 35 470 Hamburger with Bun 170 14 6 0 85 Rockin' Broccoli 24 2 0.2 2 49 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Oven French Fries 80 2.5 0.5 13 190 Rips 100% Juice Slush 60 0 0 15 25	Pulled Pork BBQ with Bun 130 6 2 2 261 Green Bell Peppers & Tomato Wedges w/ Ranch Dip 75 5 1 5 122 Buttered Carrots 34 0 0 8 102 Baked Beans 150 1.5 0 29 590 Cheesy Ranch Potatoes 116 4 2 17 178 Zesty Coleslaw 87 5 1 11 149 Orange Smiles 62 0 0 15 0 Sweet Pineapple Tidbits 80 0 0 20 0	Hot Dog with Hot Dog Bun 180 16 6 3 590 Chili con Carne Topping (1/4 Cup) 73 2.5 1 5.9 117 California Blend Vegetables 28 0 0 6 43 Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167 Oven Fried Potatoes 135 4 1 23 377 Marinated Cucumber-Tomato Salad 21 0 0 5 317 Cinnamon Roll 113 0.5 0 25 70
14	15	16	17	18
Sloppy Joe with Bun 144 6 2 9 231 Roasted Broccoli 38 0 0 8 100 Buttered Carrots 34 0 0 8 102 Oven French Fries 80 2.5 0.5 13 190 Fresh Apple 55 0 0 14 0 Chilled Pear Slices 60 0 0 14 5	Nacho Grande 413 19 4 42 549 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Mixed Beans 101 0 0 19 312 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Mexican Rice 101 0 0 19 303 Fresh Banana 108 0 0 28 0 Chilled Peach Slices 60 0 0 14 10	Country Fried Steak with Texas Toast 300 19 6 16 450 Zesty Steamed Broccoli 35 0 0 7 20 Roasted Bell Peppers & Onion 51 2 0 7 3 Tomato Wedges w/ Ranch Dip 77 5 1 5 123 Mashed Potatoes 107 4 1.6 16 137 Fresh Melon 37 0 0 9 12 Sweet Pineapple Tidbits 80 0 0 20 0	Tasty BBQ Pork Rib Patty with Sub Bun 170 10 3.5 6 400 Seasoned Green Beans 20 0 0 3 230 Whole Kernel Corn 106 1 0 20 44 Sweet Potato Casserole 285 3.5 1.6 61 180 Orange Smiles 62 0 0 15 0 Applesauce 50 0 0 13 10	Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Sweet Peas & Carrots 68 0 0 12 112 Roasted Squash & Zucchini 32 0 0 6 92 Marinated Cucumber-Tomato Salad 21 0 0 5 317 Fresh Pears 63 0 0 3 1 Fruited Gelatin 183 2 2 40 143
21	22	23	24	25
No School	Beef Taco with Flour Tortilla 146 6 2 8 83 Salsa 170 4.5 2.5 15 150 California Blend Vegetables 37 0 0 8 183 Mexican Style Street Corn 28 0 0 6 43 Cheesy Refried Beans 142 4 1 21 63 Orange Smiles 182 6 3 22 531 Fresh Banana 62 0 0 15 0 Fresh Apple 108 0 0 28 0	Chicken Tetraxini with Garlic Texas Toast 262 13 6 22 478 ★ Hot & Spicy Chicken with Bun 110 1.5 0 20 170 Italian Blend Vegetables 216 8 1 16 534 Seasoned Green Beans 130 2 0 25 125 Carrot Nibbles with Ranch Dip 41 0 0 7 51 Fresh Apple 20 0 0 3 230 Chilled Fruit Cocktail 85 5 1 8 160 Fresh Apple 55 0 0 14 0 Chilled Fruit Cocktail 60 0 0 14 10	Turkey & Turkey Ham Sub 251 8 3 29 857 ★ BBQ Ranch Chicken Salad 136 5 0.5 7 692 ▲ Pizza Sub 349 15 5.5 32 1228 Broccoli, Carrot, & Tomato Nibbles w/ Ranch 77 5 1 6 138 Bistro Salad 81 0 0 19 29 Marinated Cucumber-Tomato Salad 21 0 0 5 317 Fresh Whole Peaches 39 0 0 10 0 Banana Split Fruit Salad 86 0 0 21 1 Cookie 160 5 1.5 26 120	Golden Breaded Fish with Bun 190 7 1 16 250 Antigua Blend Vegetables 130 2 0 25 125 Zesty Coleslaw 30 0 0 5 72 Baked Beans 87 5 1 11 149 Orange Smiles 150 1.5 0 29 590 Applesauce 62 0 0 15 0 Applesauce 50 0 0 13 10
28	29	30	31	31
Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Italian Blend Vegetables 110 1.5 0 20 170 Sweet Green Peas 41 0 0 7 51 Tomato Wedges w/ Ranch Dip 87 0 0 15 152 Fresh Apple 77 5 1 5 123 Sweet Pineapple Tidbits 55 0 0 14 0 Sweet Pineapple Tidbits 80 0 0 20 0	Baja Chicken Cantina Nachos 404 20 2.5 37 1049 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Seasoned Black Beans 134 1 0 26 171 Mexican Rice 101 0 0 19 303 Orange Smiles 62 0 0 15 0 Fresh Banana 108 0 0 28 0	Clarksville Club 414 16 8 42 946 Zesty Steamed Broccoli 35 0 0 7 20 Whole Kernel Corn 106 1 0 20 44 Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167 Fresh Apple 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	Country Fried Steak with Texas Toast 300 19 6 16 450 Buttered Carrots 110 1.5 0 20 170 Black-eyed Peas 34 0 0 8 102 Mashed Potatoes 75 0 0 15 480 Fresh Pears 107 4 1.6 16 137 Chilled Peach Slices 63 0 0 3 1 Chilled Peach Slices 60 0 0 14 10	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. Check for these icons on the menu for Chicken on the Run and Pizza Specials! ★ Chicken on the Run Special ▲ Pizza Special
Weekly Chicken on the Run and Pizza Menu				
Clarksville Hot Chicken with Texas Toast 306 17 3 20 558 Cheese Pizza Slice 110 1.5 0 20 170 Pepperoni Pizza Slice 310 13 7 29 470 Pepperoni Pizza Slice 343 16 8 29 579	Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Cheese Pizza 250 12 6 31 490 Pepperoni Pizza 300 11 5 33 440 Pepperoni Pizza 335 14 6 33 555	Buffalo Chicken with Bun 89 3 0 2 769 Cheese Pizza Slice 130 2 0 25 125 Pepperoni Pizza Slice 310 13 7 29 470 Pepperoni Pizza Slice 343 16 8 29 579	Crispy Popcorn Chicken with Garlic Texas Toast 207 11 2 13 400 Cheese Pizza 110 1.5 0 20 170 Pepperoni Pizza 300 11 5 33 440 Pepperoni Pizza 335 14 6 33 555	General Tso Chicken with Rice 267 11 2 27 700 Deep Dish Cheese Pizza 120 0 0 26 100 Deep Dish Pepperoni Pizza 330 12 7 33 600 Deep Dish Pepperoni Pizza 310 10 3 35 470

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily!

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.

PB&J Sandwich offered as an entree option at lunch daily.

This institution is an equal opportunity provider.