

# September 2017 Middle & High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<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>	<p><b>1</b> Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber-Tomato Salad Oven French Fries Orange Smiles Baked Apples</p>
<p><b>Labor Day</b> <i>No School</i></p>	<p><b>4</b> Oven Roasted Chicken Fajita with Flour Tortilla Salsa Whole Kernel Corn Antigua Blend Vegetables Cheesy Refried Beans Fresh Apple Mandarin Oranges</p>	<p><b>6</b> Salisbury Steak with Gravy with Dinner Roll ★ Hot &amp; Spicy Chicken with Bun Rockin' Broccoli Roasted Bell Peppers &amp; Onion Mashed Potatoes Fresh Strawberries Manager's Choice Fruit</p>	<p><b>7</b> Pulled Pork BBQ with Bun Green Bell Peppers &amp; Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Cheesy Ranch Potatoes Zesty Coleslaw Orange Smiles Sweet Pineapple Tidbits</p>	<p><b>8</b> Hot Dog with Hot Dog Bun Chili con Carne Topping (1/4 Cup) California Blend Vegetables Carrot &amp; Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber-Tomato Salad Fresh Apple Chilled Fruit Cocktail Cinnamon Roll</p>
<p><b>11</b> Sloppy Joe with Bun Roasted Broccoli Glazed Carrots Oven French Fries Fresh Apple Chilled Pear Slices</p>	<p><b>12</b> Nacho Grande Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices</p>	<p><b>13</b> Country Fried Steak with Texas Toast Zesty Steamed Broccoli Roasted Bell Peppers &amp; Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Melon Sweet Pineapple Tidbits</p>	<p><b>14</b> Tasty BBQ Pork Rib Patty with Sub Bun Seasoned Green Beans Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce</p>	<p><b>15</b> Italian Spaghetti &amp; Meat Sauce with Garlic Texas Toast Sweet Peas &amp; Carrots Roasted Squash &amp; Zucchini Marinated Cucumber-Tomato Salad Fresh Pears Fruited Gelatin</p>
<p><b>18</b> Hamburger with Bun Buttered Carrots Rockin' Broccoli Oven French Fries Fresh Apple Sweet Pineapple Tidbits</p>	<p><b>19</b> Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana</p>	<p><b>20</b> Chicken Tetraxini with Garlic Texas Toast ★ Hot &amp; Spicy Chicken with Bun Italian Blend Vegetables Seasoned Green Beans Carrot Nibbles with Ranch Dip Fresh Apple Manager's Choice Fruit</p>	<p><b>21</b> Turkey &amp; Turkey Ham Sub ★ BBQ Ranch Chicken Salad ▲ Pizza Sub Broccoli, Carrot, &amp; Tomato Nibbles w/ Ranch Bistro Salad Marinated Cucumber-Tomato Salad Fresh Pears Banana Split Fruit Salad Cookie</p>	<p><b>22</b> Manager's Choice Entrée Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Potato Smiles Manager's Choice Vegetable Rips 100% Juice Slush</p>
<p><b>25</b> Italian Spaghetti &amp; Meat Sauce with Garlic Texas Toast Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits</p>	<p><b>26</b> Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Orange Smiles Fresh Banana</p>	<p><b>27</b> Clarksville Club Zesty Steamed Broccoli Whole Kernel Corn Carrot &amp; Celery Nibbles with Ranch Dip Fresh Apple Mandarin Oranges</p>	<p><b>28</b> Country Fried Steak with Texas Toast Buttered Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices</p>	<p><b>29</b> Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber-Tomato Salad Oven French Fries Orange Smiles Baked Apples</p>
<b>Weekly Chicken on the Run and Pizza Menu</b>				
<p>Clarksville Hot Chicken with Texas Toast Cheese Pizza Slice Pepperoni Pizza Slice</p>	<p>Homestyle Chicken Nuggets with Biscuit Cheese Pizza Pepperoni Pizza</p>	<p>Buffalo Chicken with Bun Cheese Pizza Pepperoni Pizza Slice</p>	<p>Crispy Popcorn Chicken with Garlic Texas Toast Cheese Pizza Pepperoni Pizza</p>	<p>General Tso Chicken with Rice Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza</p>

**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.**

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

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

# September 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)
		<b>Disclaimer:</b> 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	<b>Check for these icons on the menu for Chicken on the Run and Pizza Specials!</b>  ★ Chicken on the Run Special ▲ Pizza Special	<b>1</b> Hamburger with Bun 170 14 6 0 85 Antigua Blend Vegetables 130 2 0 25 125 Marinated Cucumber-Tomato Salad 30 0 0 5 72 Oven French Fries 21 0 0 5 317 Orange Smiles 80 2.5 0.5 13 190 Baked Apples 62 0 0 15 0 Baked Apples 80 0 0 20 27
<b>4</b>  <b>Labor Day</b> <b>No School</b>	<b>5</b> Oven Roasted Chicken Fajita with Flour Tortilla 137 7 1 3 583 Salsa 90 2.5 1.5 15 75 Whole Kernel Corn 37 0 0 8 181 Antigua Blend Vegetables 106 1 0 20 44 Cheesy Refried Beans 30 0 0 5 72 Fresh Apple 182 6 3 22 531 Mandarin Oranges 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	<b>6</b> Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253 ★ Hot & Spicy Chicken with Bun 140 2.5 1 32 80 Rockin' Broccoli 216 8 1 16 534 Roasted Bell Peppers & Onion w/ Ranch Dip 130 2 0 25 125 Mashed Potatoes 24 2 0.2 2 49 Fresh Strawberries 51 2 0 7 3 Manager's Choice Fruit 107 4 1.6 16 137 Manager's Choice Fruit 28 0 0 7 0	<b>7</b> Pulled Pork BBQ with Bun 130 6 2 2 261 Green Bell Peppers & Tomato Wedges w/ Ranch Dip 130 2 0 25 125 Buttered Carrots 75 5 1 5 122 Baked Beans 34 0 0 8 102 Cheesy Ranch Potatoes 150 1.5 0 29 590 Zesty Coleslaw 116 4 2 17 178 Orange Smiles 87 5 1 11 149 Sweet Pineapple Tidbits 62 0 0 15 0 Sweet Pineapple Tidbits 80 0 0 20 0	<b>8</b> Hot Dog with Hot Dog Bun 180 16 6 3 590 Chili con Carne Topping (1/4 Cup) 130 2 0 25 125 California Blend Vegetables 73 2.5 1 5.9 117 Carrot & Celery Nibbles with Ranch Dip 28 0 0 6 43 Oven Fried Potatoes 79 5 1 6 167 Marinated Cucumber-Tomato Salad 135 4 1 23 377 Fresh Apple 55 0 0 14 0 Chilled Fruit Cocktail 60 0 0 14 10 Cinnamon Roll 113 0.5 0 25 70
<b>11</b> Sloppy Joe with Bun 144 6 2 9 231 Roasted Broccoli 130 2 0 25 125 Glazed Carrots 38 0 0 8 100 Oven French Fries 62 0.6 0 15 78 Fresh Apple 80 2.5 0.5 13 190 Chilled Pear Slices 55 0 0 14 0 Chilled Pear Slices 60 0 0 14 5	<b>12</b> 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	<b>13</b> Country Fried Steak with Texas Toast 300 19 6 16 450 Zesty Steamed Broccoli 110 1.5 0 20 170 Roasted Bell Peppers & Onion with Bun 35 0 0 7 20 Tomato Wedges w/ Ranch Dip 51 2 0 7 3 Mashed Potatoes 77 5 1 5 123 Fresh Melon 107 4 1.6 16 137 Sweet Pineapple Tidbits 37 0 0 9 12 Sweet Pineapple Tidbits 80 0 0 20 0	<b>14</b> Tasty BBQ Pork Rib Patty with Sub Bun 170 10 3.5 6 400 Seasoned Green Beans 130 2 0 25 125 Whole Kernel Corn 20 0 0 3 230 Sweet Potato Casserole 106 1 0 20 44 Orange Smiles 285 3.5 1.6 61 180 Applesauce 62 0 0 15 0 Applesauce 50 0 0 13 10	<b>15</b> Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Sweet Peas & Carrots 110 1.5 0 20 170 Roasted Squash & Zucchini 68 0 0 12 112 Marinated Cucumber-Tomato Salad 32 0 0 6 92 Tomato Salad 21 0 0 5 317 Fresh Apple 63 0 0 3 1 Fruited Gelatin 183 2 2 40 143
<b>18</b> Hamburger with Bun 170 14 6 0 85 Buttered Carrots 130 2 0 25 125 Rockin' Broccoli 34 0 0 8 102 Oven French Fries 24 2 0.2 2 49 Fresh Apple 80 2.5 0.5 13 190 Sweet Pineapple Tidbits 55 0 0 14 0 Sweet Pineapple Tidbits 80 0 0 20 0	<b>19</b> Beef Taco with Flour Tortilla 146 6 2 8 83 Salsa 170 4.5 2.5 15 150 California Blend Vegetables 37 0 0 8 181 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 Banana 108 0 0 28 0	<b>20</b> Chicken Tetrazzini 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 with Bun 130 2 0 25 125 Carrot Nibbles with Ranch Dip 41 0 0 7 51 Fresh Apple 20 0 0 3 230 Manager's Choice Fruit 85 5 1 8 160 Manager's Choice Fruit 55 0 0 14 0	<b>21</b> 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 Pears 63 0 0 3 1 Banana Split Fruit Salad 86 0 0 21 1 Cookie 160 5 1.5 26 120	<b>22</b> Manager's Choice Entrée 60 0 0 15 25 Zesty Steamed Broccoli 35 0 0 7 20 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Potato Smiles 130 4.5 0.5 20 180 Manager's Choice Vegetable Rips 100% Juice Slush
<b>25</b> 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	<b>26</b> 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	<b>27</b> Clarksville Club 414 16 8 42 946 Zesty Steamed Broccoli 35 0 0 7 20 Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167 Manager's Choice Vegetable 79 5 1 6 167 Fresh Apple 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	<b>28</b> Country Fried Steak with Texas Toast 300 19 6 16 450 Glazed Carrots 110 1.5 0 20 170 Black-eyed Peas 62 0.6 0 15 78 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	<b>29</b> Hamburger with Bun 170 14 6 0 85 Antigua Blend Vegetables 130 2 0 25 125 Marinated Cucumber-Tomato Salad 30 0 0 5 72 Oven French Fries 21 0 0 5 317 Orange Smiles 80 2.5 0.5 13 190 Baked Apples 62 0 0 15 0 Baked Apples 80 0 0 20 27
<b>Weekly Chicken on the Run and Pizza Menu</b>				
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 150 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

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