

# January 2018 Middle & High School Lunch Menu

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <b>1</b><br><br><b>Winter Break</b><br><i>No School</i>   | <b>2</b><br><br><b>Winter Break</b><br><i>No School</i>  | <b>3</b><br>Manager's Choice Entrée<br>Zesty Steamed Broccoli<br>Buttered Carrots<br>Potato Smiles<br>Manager's Choice Vegetable<br>Rips 100% Juice Slush   | <b>4</b><br>Tasty BBQ Pork Rib Patty<br>with Sub Bun<br>Roasted Antigua Blend Vegetables<br>Whole Kernel Corn<br>Sweet Potato Casserole<br>Orange Smiles<br>Applesauce                        | <b>5</b><br>Baked Spirals with Meat Sauce<br>with Garlic Texas Toast<br>Roasted Squash & Zucchini<br>Sweet Peas & Carrots<br>Marinated Cucumber-<br>Tomato Salad<br>Fresh Pears<br>Fruited Gelatin                  |
| <b>8</b><br>Salisbury Steak with Gravy<br>with Dinner Roll<br>Zesty Steamed Broccoli<br>Buttered Carrots<br>Oven Fried Potatoes<br>Fresh Apple<br>Sweet Pineapple Tidbits | <b>9</b><br>Beef Taco<br>with Flour Tortilla<br>Salsa<br>California Blend Vegetables<br>Mexican Style Street Corn<br>Cheesy Refried Beans<br>Orange Smiles<br>Fresh Banana                 | <b>10</b><br>Chicken Tetraxini<br>with Garlic Texas Toast<br>Italian Blend Vegetables<br>Carrot Nibbles with Ranch Dip<br>Manager's Choice Vegetable<br>Fresh Apple<br>Manager's Choice Fruit             | <b>11</b><br>Hamburger<br>with Bun<br>Nacho Burger Sauce<br>Roasted Broccoli<br>Buttered Carrots<br>Potato Smiles<br>Manager's Choice Vegetable<br>Fresh Pears<br>Mandarin Oranges            | <b>12</b><br>Golden Breaded Fish<br>with Bun<br>Antigua Blend Vegetables<br>Zesty Coleslaw<br>Baked Beans<br>Fresh Apple<br>Chilled Peach Slices<br>Glazed Donut Holes  |
| <b>15</b><br><br><b>Martin Luther King, Jr. Day</b><br><i>No School</i>   | <b>16</b><br>Baja Chicken Cantina Nachos<br>Fresh Pico de Gallo<br>California Blend Vegetables<br>Seasoned Black Beans<br>Mexican Rice<br>Mandarin Oranges<br>Fresh Apple                  | <b>17</b><br>Clarksville Club<br>Zesty Steamed Broccoli<br>Carrot Nibbles with Ranch Dip<br>Manager's Choice Vegetable<br>Orange Smiles<br>Fresh Banana   | <b>18</b><br>Country Fried Steak<br>with Texas Toast<br>Glazed Carrots<br>Black-eyed Peas<br>Mashed Potatoes<br>Fresh Pears<br>Chilled Peach Slices   | <b>19</b><br>Hamburger<br>with Bun<br>Antigua Blend Vegetables<br>Marinated Cucumber-<br>Tomato Salad<br>Waffle Fries<br>Fresh Apple<br>Chilled Pear Slices   |
| <b>22</b><br>Fiesta Macaroni<br>with Garlic Texas Toast<br>Glazed Carrots<br>Seasoned Green Beans<br>Oven French Fries<br>Fresh Apple<br>Chilled Pear Slices              | <b>23</b><br>Oven Roasted Chicken Fajita<br>with Flour Tortilla<br>Salsa<br>Mexican Style Street Corn<br>Antigua Blend Vegetables<br>Cheesy Refried Beans<br>Orange Smiles<br>Fresh Banana | <b>24</b><br>Salisbury Steak with Gravy<br>with Dinner Roll<br>Rockin' Broccoli<br>Roasted Bell Peppers & Onion<br>Mashed Potatoes<br>Orange Smiles<br>Manager's Choice Fruit<br>Cinnamon Roll            | <b>25</b><br>Pulled Pork BBQ<br>with Bun<br>Green Bell Peppers & Tomato Wedges<br>w/ Ranch Dip<br>Buttered Carrots<br>Baked Beans<br>Zesty Coleslaw<br>Fresh Apple<br>Sweet Pineapple Tidbits | <b>26</b><br>Hamburger<br>with Bun<br>California Blend Vegetables<br>Carrot & Celery Nibbles<br>with Ranch Dip<br>Oven Fried Potatoes<br>Marinated Cucumber-<br>Tomato Salad<br>Fresh Pears<br>Chilled Peach Slices |
| <b>29</b><br>Sloppy Joe<br>with Bun<br>Roasted Broccoli<br>Glazed Carrots<br>Waffle Fries<br>Fresh Apple<br>Chilled Pear Slices   | <b>30</b><br>Nacho Grande<br>Fresh Pico de Gallo<br>California Blend Vegetables<br>Mixed Beans<br>Carrot Nibbles with Ranch Dip<br>Mexican Rice<br>Fresh Banana<br>Chilled Peach Slices    | <b>31</b><br>Country Fried Steak<br>with Texas Toast<br>Zesty Steamed Broccoli<br>Roasted Bell Peppers & Onion<br>Tomato Wedges w/ Ranch Dip<br>Mashed Potatoes<br>Fresh Apple<br>Sweet Pineapple Tidbits |   |   |
| <b>Weekly Chicken on the Run and Pizza Menu</b>   |  |   |   |   |
| Clarksville Hot Chicken<br>with Texas Toast<br>Cheese Pizza Slice<br>Pepperoni Pizza Slice  | Homestyle Chicken Nuggets<br>with Biscuit<br>Cheese Pizza<br>Pepperoni Pizza   | Buffalo Chicken<br>with Bun<br>Cheese Pizza Slice<br>Pepperoni Pizza Slice  | Crispy Popcorn Chicken<br>with Garlic Texas Toast<br>Cheese Pizza<br>Pepperoni Pizza  | General Tso Chicken<br>with Rice<br>Deep Dish Cheese Pizza<br>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.**

**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.**

# January 2018 Middle & High School Lunch Menu Nutrition Information

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| Calories<br>Total Fat (g)<br>Sat. Fat (g)<br>Carbs (g)<br>Sodium (mg)  | Calories<br>Total Fat (g)<br>Sat. Fat (g)<br>Carbs (g)<br>Sodium (mg)  | Calories<br>Total Fat (g)<br>Sat. Fat (g)<br>Carbs (g)<br>Sodium (mg)   | Calories<br>Total Fat (g)<br>Sat. Fat (g)<br>Carbs (g)<br>Sodium (mg)  | Calories<br>Total Fat (g)<br>Sat. Fat (g)<br>Carbs (g)<br>Sodium (mg)  |
| <b>1</b><br><br><b>Winter Break</b><br><i>No School</i>  | <b>2</b><br><br><b>Winter Break</b><br><i>No School</i>  | <b>3</b><br>Manager's Choice Entrée<br>Zesty Steamed Broccoli 35 0 0 7 20<br>Buttered Carrots 34 0 0 8 102<br>Potato Smiles 130 4.5 0.5 20 180<br>Manager's Choice Vegetable<br>Rips 100% Juice Slush 60 0 0 15 25  | <b>4</b><br>Tasty BBQ Pork Rib Patty with Sub Bun 170 10 3.5 6 400<br>130 2 0 25 125<br>Roasted Antigua Blend Vegetables 32 0 0 5 25<br>Whole Kernel Corn 106 1 0 20 44<br>Sweet Potato Casserole 285 3.5 1.6 61 180<br>Orange Smiles 62 0 0 15 0<br>Applesauce 50 0 0 13 10   | <b>5</b><br>Baked Spirals with Meat Sauce with Garlic Texas Toast 334 12 5 31 539<br>110 1.5 0 20 170<br>Roasted Squash & Zucchini 32 0 0 6 92<br>Sweet Peas & Carrots 68 0 0 12 112<br>Marinated Cucumber-Tomato Salad 21 0 0 5 317<br>Fresh Pears 63 0 0 3 1<br>Fruited Gelatin 183 2 2 40 143                       |
| <b>8</b><br>Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253<br>140 2.5 1 32 80<br>Zesty Steamed Broccoli 35 0 0 7 20<br>Buttered Carrots 34 0 0 8 102<br>Oven Fried Potatoes 135 4 1 23 377<br>Fresh Apple 55 0 0 14 0<br>Sweet Pineapple Tidbits 80 0 0 20 0 | <b>9</b><br>Beef Taco with Flour Tortilla 146 6 2 8 83<br>170 4.5 2.5 15 150<br>Salsa 37 0 0 8 181<br>California Blend Vegetables 28 0 0 6 43<br>Mexican Style Street Corn 142 4 1 21 63<br>Cheesy Refried Beans 182 6 3 22 531<br>Orange Smiles 62 0 0 15 0<br>Fresh Banana 108 0 0 28 0                  | <b>10</b><br>Chicken Tetrizzini with Garlic Texas Toast 262 13 6 22 478<br>110 1.5 0 20 170<br>Italian Blend Vegetables 41 0 0 7 51<br>Carrot Nibbles with Ranch Dip 85 5 1 8 160<br>Manager's Choice Vegetable<br>Fresh Apple 55 0 0 14 0<br>Manager's Choice Fruit  | <b>11</b><br>Hamburger with Bun 170 14 6 0 85<br>130 2 0 25 125<br>Nacho Burger Sauce 49 3 0 5 395<br>Roasted Broccoli 38 0 0 8 100<br>Buttered Carrots 34 0 0 8 102<br>Potato Smiles 130 4.5 0.5 20 180<br>Manager's Choice Vegetable<br>Fresh Pears 63 0 0 3 1<br>Mandarin Oranges 52 0 0 13 5                               | <b>12</b><br>Golden Breaded Fish with Bun 190 7 1 16 250<br>130 2 0 25 125<br>Antigua Blend Vegetables 30 0 0 5 72<br>Zesty Coleslaw 87 5 1 11 149<br>Baked Beans 150 1.5 0 29 590<br>Fresh Apple 55 0 0 14 0<br>Chilled Peach Slices 60 0 0 14 10<br>Glazed Donut Holes 96 5 2 11 100                                 |
| <b>15</b><br><br><b>Martin Luther King, Jr. Day</b><br><i>No School</i>  | <b>16</b><br>Baja Chicken Cantina Nachos 404 20 2.5 37 1049<br>14 0 0 3 21<br>California Blend Vegetables 28 0 0 6 43<br>Seasoned Black Beans 134 1 0 26 160<br>Mexican Rice 101 0 0 19 303<br>Mandarin Oranges 52 0 0 13 5<br>Fresh Apple 55 0 0 14 0   | <b>17</b><br>Clarksville Club 414 16 8 42 946<br>Zesty Steamed Broccoli 35 0 0 7 20<br>Carrot Nibbles with Ranch Dip 85 5 1 8 160<br>Manager's Choice Vegetable<br>Orange Smiles 62 0 0 15 0<br>Fresh Banana 108 0 0 28 0   | <b>18</b><br>Country Fried Steak with Texas Toast 300 19 6 16 450<br>110 1.5 0 20 170<br>Glazed Carrots 62 0.6 0 15 78<br>Black-eyed Peas 75 0 0 15 480<br>Mashed Potatoes 107 4 1.6 16 137<br>Fresh Pears 63 0 0 3 1<br>Chilled Peach Slices 60 0 0 14 10   | <b>19</b><br>Hamburger with Bun 170 14 6 0 85<br>130 2 0 25 125<br>Antigua Blend Vegetables 30 0 0 5 72<br>Marinated Cucumber-Tomato Salad 21 0 0 5 317<br>Waffle Fries 140 5 1 22 80<br>Fresh Apple 55 0 0 14 0<br>Chilled Pear Slices 60 0 0 14 5  |
| <b>22</b><br>Fiesta Macaroni with Garlic Texas Toast 110 1.5 0 20 170<br>Glazed Carrots 62 0.6 0 15 78<br>Seasoned Green Beans 20 0 0 3 230<br>Oven French Fries 80 2.5 0.5 13 190<br>Fresh Apple 55 0 0 14 0<br>Chilled Pear Slices 60 0 0 14 5                         | <b>23</b><br>Oven Roasted Chicken Fajita with Flour Tortilla 137 7 1 3 583<br>170 4.5 2.5 15 150<br>Salsa 37 0 0 8 181<br>Mexican Style Street Corn 142 4 1 21 63<br>Antigua Blend Vegetables 30 0 0 5 72<br>Cheesy Refried Beans 182 6 3 22 531<br>Orange Smiles 62 0 0 15 0<br>Fresh Banana 108 0 0 28 0 | <b>24</b><br>Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253<br>140 2.5 1 32 80<br>Rockin' Broccoli 24 2 0.2 2 49<br>Roasted Bell Peppers & Onion 51 2 0 7 3<br>Mashed Potatoes 107 4 1.6 16 137<br>Orange Smiles 62 0 0 15 0<br>Manager's Choice Fruit<br>Cinnamon Roll 113 0.5 0 25 70                     | <b>25</b><br>Pulled Pork BBQ with Bun 130 6 2 2 261<br>130 2 0 25 125<br>Green Bell Peppers & Tomato Wedges w/ Ranch Dip 75 5 1 5 122<br>Buttered Carrots 34 0 0 8 102<br>Baked Beans 150 1.5 0 29 590<br>Zesty Coleslaw 87 5 1 11 149<br>Fresh Apple 55 0 0 14 0<br>Sweet Pineapple Tidbits 80 0 0 20 0                       | <b>26</b><br>Hamburger with Bun 170 14 6 0 85<br>130 2 0 25 125<br>California Blend Vegetables 28 0 0 6 43<br>Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167<br>Oven Fried Potatoes 135 4 1 23 377<br>Marinated Cucumber-Tomato Salad 21 0 0 5 317<br>Fresh Pears 63 0 0 3 1<br>Chilled Peach Slices 60 0 0 14 10 |
| <b>29</b><br>Sloppy Joe 144 6 2 9 231<br>130 2 0 25 125<br>Roasted Broccoli 38 0 0 8 100<br>Glazed Carrots 62 0.6 0 15 78<br>Waffle Fries 140 5 1 22 80<br>Fresh Apple 55 0 0 14 0<br>Chilled Pear Slices 60 0 0 14 5  | <b>30</b><br>Nacho Grande 413 19 4 42 549<br>14 0 0 3 21<br>California Blend Vegetables 28 0 0 6 43<br>Mixed Beans 101 0 0 19 303<br>Carrot Nibbles with Ranch Dip 85 5 1 8 160<br>Mexican Rice 101 0 0 19 303<br>Fresh Banana 108 0 0 28 0<br>Chilled Peach Slices 60 0 0 14 10                           | <b>31</b><br>Country Fried Steak with Texas Toast 300 19 6 16 450<br>110 1.5 0 20 170<br>Zesty Steamed Broccoli 35 0 0 7 20<br>Roasted Bell Peppers & Onion 51 2 0 7 3<br>Tomato Wedges w/ Ranch Dip 77 5 1 5 123<br>Mashed Potatoes 107 4 1.6 16 137<br>Fresh Apple 55 0 0 14 0<br>Sweet Pineapple Tidbits 80 0 0 20 0 | <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 information. |  |
| <b>Weekly Chicken on the Run and Pizza Menu</b>  |  |   |  |  |
| Clarksville Hot Chicken with Texas Toast 306 17 3 20 558<br>110 1.5 0 20 170<br>Cheese Pizza Slice 310 13 7 29 470<br>Pepperoni Pizza Slice 343 16 8 29 579  | Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396<br>250 12 6 31 490<br>Cheese Pizza 300 11 5 33 440<br>Pepperoni Pizza 335 14 6 33 555   | Buffalo Chicken with Bun 89 3 0 2 769<br>130 2 0 25 125<br>Cheese Pizza Slice 310 13 7 29 470<br>Pepperoni Pizza Slice 343 16 8 29 579  | Crispy Popcorn Chicken with Garlic Texas Toast 207 11 2 13 400<br>110 1.5 0 20 170<br>Cheese Pizza 300 11 5 33 440<br>Pepperoni Pizza 335 14 6 33 555  | General Tso Chicken with Rice 267 11 2 27 700<br>120 0 0 26 100<br>Deep Dish Cheese Pizza 330 12 7 33 600<br>Deep Dish Pepperoni Pizza 310 10 3 35 470   |

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