

March 2018 Middle & High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		★ Check for this icon on the menu for Chicken on the Run Specials!	1 Clarksville Hot Fish with Dinner Roll Roasted Antigua Blend Vegetables Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	2 Manager's Choice Entrée California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Potato Smiles Rips 100% Juice Slush
5 Salisbury Steak with Gravy with Dinner Roll Zesty Steamed Broccoli Buttered Carrots Oven French Fries Fresh Apple Sweet Pineapple Tidbits	6 Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	7 Chicken Tetrazzini with Garlic Texas Toast Italian Blend Vegetables Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Manager's Choice Fruit Cinnamon Roll	8 Hamburger with Bun Nacho Burger Sauce Roasted Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Fresh Pears Mandarin Oranges	9 Meatball Grinder Antigua Blend Vegetables Sweet Peas & Carrots Marinated Cucumber- Tomato Salad Fresh Apple Chilled Peach Slices
12 Penne Pasta with Meat Sauce and Garlic Texas Toast Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits	13 Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Mandarin Oranges Fresh Pears	14 Clarksville Club ★ Hot & Spicy Chicken with Bun Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Orange Smiles Banana Split Fruit Salad	15 Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	16 Shepherd's Pie with Dinner Roll Antigua Blend Vegetables Broccoli, Cauliflower, & Carrot Nibbles w/ Ranch Dip Waffle Fries Fresh Apple Fruited Gelatin
19 Fiesta Macaroni with Garlic Texas Toast Glazed Carrots Seasoned Green Beans Potato Smiles Fresh Apple Chilled Pear Slices	20 Oven Roasted Chicken Fajita with Flour Tortilla Salsa Mexican Style Street Corn Antigua Blend Vegetables Cheesy Refried Beans Mandarin Oranges Fresh Banana	21 Salisbury Steak with Gravy with Dinner Roll Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Orange Smiles Manager's Choice Fruit Cinnamon Roll	22 Pulled Pork BBQ with Bun Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Zesty Coleslaw Fresh Apple Sweet Pineapple Tidbits	23 Hamburger with Bun Chili con Carne Topping (1/4 Cup) California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Fresh Pears Chilled Peach Slices
Spring Break <i>No School</i>	Spring Break <i>No School</i>	Spring Break <i>No School</i>	Spring Break <i>No School</i>	Spring Break <i>No School</i>
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.
 PBAJ Sandwich offered as an entree option at lunch daily.
 Nutrition information is available on page 2 • This institution is an equal opportunity provider.

March 2018 Middle & High School Lunch Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
	2	★ Check for this icon on the menu for Chicken on the Run Specials!		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.		1 Clarksville Hot Fish with Dinner Roll Roasted Antigua Blend Vegetables Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	2 Manager's Choice Entrée California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Potato Smiles Rips 100% Juice Slush		
5 Salisbury Steak with Gravy with Dinner Roll Zesty Steamed Broccoli Buttered Carrots Oven French Fries Fresh Apple Sweet Pineapple Tidbits	202 15 6 6 253 140 2.5 1 32 80 35 0 0 7 20 34 0 0 8 102 80 2.5 0.5 13 190 55 0 0 14 0 80 0 0 20 0	6 Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	146 6 2 8 83 170 4.5 2.5 15 150 37 0 0 8 181 28 0 0 6 43 142 4 1 21 63 182 6 3 22 531 62 0 0 15 0 108 0 0 28 0	7 Chicken Tetrazzini with Garlic Texas Toast Italian Blend Vegetables Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Manager's Choice Fruit Cinnamon Roll	262 13 6 22 478 110 1.5 0 20 170 41 0 0 7 51 85 5 1 8 160 55 0 0 14 0 113 0.5 0 25 70	8 Hamburger with Bun Nacho Burger Sauce Roasted Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Fresh Pears Mandarin Oranges	170 14 6 0 85 130 2 0 25 125 49 3 0 5 395 38 0 0 8 100 34 0 0 8 102 130 4.5 0.5 20 180 96 0 0 23 0 52 0 0 13 5	9 Meatball Grinder Antigua Blend Vegetables Sweet Peas & Carrots Marinated Cucumber-Tomato Salad Fresh Apple Chilled Peach Slices	492 28 13 40 1087 30 0 0 5 72 68 0 0 12 112 21 0 0 5 317 55 0 0 14 0 60 0 0 14 10
12 Penne Pasta with Meat Sauce and Garlic Texas Toast Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits	214 3 0 40 24 191 6 2 15 539 110 1.5 0 20 170 41 0 0 7 51 87 0 0 15 152 77 5 1 5 123 55 0 0 14 0 80 0 0 20 0	13 Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Mandarin Oranges Fresh Pears	404 20 2.5 37 1049 14 0 0 3 21 28 0 0 6 43 134 1 0 26 160 101 0 0 19 303 52 0 0 13 5 96 0 0 23 0	14 Clarksville Club ★ Hot & Spicy Chicken with Bun Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Orange Smiles Banana Split Fruit Salad	414 16 8 42 946 216 8 1 16 534 130 2 0 25 125 35 0 0 7 20 85 5 1 8 160 62 0 0 15 0 86 0 0 21 1	15 Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	300 19 6 16 450 110 1.5 0 20 170 62 0.6 0 15 78 75 0 0 15 480 107 4 1.6 16 137 96 0 0 23 0 60 0 0 14 10	16 Shepherd's Pie with Dinner Roll Antigua Blend Vegetables Broccoli, Cauliflower, & Carrot Nibbles w/ Ranch Dip Waffle Fries Fresh Apple Fruited Gelatin	232 9 3.5 22 279 140 2.5 1 32 80 30 0 0 5 72 79 5 1 6 144 140 5 1 22 80 55 0 0 14 0 183 2 2 40 143
19 Fiesta Macaroni with Garlic Texas Toast Glazed Carrots Seasoned Green Beans Potato Smiles Fresh Apple Chilled Pear Slices	262 9.7 4 24 194 110 1.5 0 20 170 62 0.6 0 15 78 20 0 0 3 230 130 4.5 0.5 20 180 55 0 0 14 0 60 0 0 14 5	20 Oven Roasted Chicken Fajita with Flour Tortilla Salsa Mexican Style Street Corn Antigua Blend Vegetables Cheesy Refried Beans Mandarin Oranges Fresh Banana	137 7 1 3 583 170 4.5 2.5 15 150 37 0 0 8 181 142 4 1 21 63 30 0 0 5 72 182 6 3 22 531 52 0 0 13 5 108 0 0 28 0	21 Salisbury Steak with Gravy with Dinner Roll Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Orange Smiles Manager's Choice Fruit Cinnamon Roll	202 15 6 6 253 140 2.5 1 32 80 24 2 0.2 2 49 51 2 0 7 3 107 4 1.6 16 137 62 0 0 15 0 113 0.5 0 25 70	22 Pulled Pork BBQ with Bun Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Zesty Coleslaw Fresh Apple Sweet Pineapple Tidbits	130 6 2 2 261 130 2 0 25 125 75 5 1 5 122 34 0 0 8 102 150 1.5 0 29 590 87 5 1 11 149 55 0 0 14 0 80 0 0 20 0	23 Hamburger with Bun Chili con Carne Topping (1/4 Cup) California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber-Tomato Salad Fresh Pears Chilled Peach Slices	170 14 6 0 85 130 2 0 25 125 73 2.5 1 5.9 117.4 28 0 0 6 43 79 5 1 6 167 135 4 1 23 377 21 0 0 5 317 96 0 0 23 0 60 0 0 14 10
26 Spring Break No School		27 Spring Break No School		28 Spring Break No School		29 Spring Break No School		30 Spring Break No School	

Weekly Chicken on the Run and Pizza Menu

Clarksville Hot Chicken with Texas Toast	306 17 3 20 558	Homestyle Chicken Nuggets with Biscuit	170 8 2 9 396	Buffalo Chicken with Bun	89 3 0 2 769	Crispy Popcorn Chicken with Garlic Texas Toast	207 11 2 13 400	General Tso Chicken with Rice	267 11 2 27 700
Cheese Pizza Slice	310 13 7 29 470	Cheese Pizza	300 11 5 33 440	Cheese Pizza Slice	310 13 7 29 470	Cheese Pizza	300 11 5 33 440	Deep Dish Cheese Pizza	330 12 7 33 600
Pepperoni Pizza Slice	343 16 8 29 579	Pepperoni Pizza	335 14 6 33 555	Pepperoni Pizza Slice	343 16 8 29 579	Pepperoni Pizza	335 14 6 33 555	Deep Dish Pepperoni Pizza	310 10 3 35 470

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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.

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