



# K-8 Menu October 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Ham & Cheese Sliders	*Mini Maple Pancakes	Breakfast Pizza	Sausage Biscuit	*Blueberry Muffin
*Cheese or Pepperoni Pizza Asian Chicken w/Rice & Roll Chicken Caesar Salad <i>Green Peas &amp; Carrots</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads and Fruits</i>	Char-Meck-A-Nator *Mini Cheese Ravioli & Breadstick Chef Salad <i>Glazed Sweet Carrots</i> <i>Potato Wedges</i> <i>Variety of Salads and Fruits</i>	*Mac & Cheese w/Roll Pork Street Tacos *Yogurt, Double Berry & Granola Parfait <i>Sweet Kernel Corn</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads and Fruits</i>	Corn Dog BBQ OR Roasted Chicken w/Roll Chicken Caesar Salad <i>Farm2School:</i> <i>Baked Sweet Potato</i> <i>Fresh Steamed Collard Greens</i> <i>Variety of Salads and Fruits</i>	Crispy Fish Nuggets w/Hushpuppies *Nachos w/Queso or Nachos w/Beef & Queso Chef Salad <i>Baked Potato</i> <i>Fiesta Black Beans</i> <i>Variety of Salads and Fruits</i>
2	3	4	5	6

## National School Lunch Week! October 9 - 13, 2017

Chicken Biscuit	*Mini Blueberry Waffles	Sausage Pancake Stick	Steak Sandwich	*Chocolate Chip Muffin
*Cheese or Pepperoni Pizza Sweet & Spicy Chicken w/Pineapple Fried Rice & Roll Chicken Caesar Salad <i>Sweet Kernel Corn</i> <i>Stir-Fry Veggies</i> <i>Variety of Salads and Fruits</i>  <b>Mango Peach Applesauce</b>	Chicken Nuggets w/Breadstick Spaghetti w/Meat Sauce & Breadstick Chef Salad <i>Cali Blend w/Cheese</i> <i>Sweet Potato Fries</i> <i>Variety of Salads and Fruits</i>  <b>Fresh Grapes with Kiwi</b>	<b>BREAKFAST FOR LUNCH:</b> *French Toast Sticks & *Cheese Omelet w/wo Sausage Chopped Chicken BBQ Sandwich *Yogurt, Berries & Granola Parfait <i>Potato Triangles</i> <i>Brown Sugar Baked Beans</i> <i>Variety of Salads and Fruits</i> <b>Hot Spiced Apples</b>	Cheeseburger or Hamburger BBQ or Roasted Chicken w/Roll Chef Salad <i>Mashed Potatoes</i> <i>Fresh Steamed Collard Greens</i> <i>Variety of Salads and Fruits</i>  <b>Wildberry Parfait</b>	Fish Sandwich Chicken Nachos w/Queso Chicken Caesar Salad <i>Fresh Steamed Broccoli</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads and Fruits</i>  <b>Peach Crisp</b>
9	10	11	12	13

Sausage & Cheese Bagel	*Banana Bread	*French Toast	Blueberry Pancake Sausage Stick	*Cinnamon Mini Loaf
Chicken & Cheese Quesadilla New Orleans Chicken w/LoMein & Roll Chef Salad <i>Seasoned Pinto Beans</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads and Fruits</i>	*Cheese Dippers w/wo Marinara Salisbury Steak w/Roll Chicken Caesar Salad <i>Mashed Potatoes</i> <i>Cali Blend w/Cheese</i> <i>Variety of Salads and Fruits</i>	<b>Early Release Day:</b> Chicken Sandwich OR Deli Hoagie <i>Variety of Veggies and Fruits</i>  <b>Menu may vary by school Due to early release day!</b>	Carolina Dog w/wo Chili Sweet & Sour Chicken w/Rice & Roll Taco Salad <i>Stir-Fry Veggies</i> <i>Brown Sugar Baked Beans</i> <i>Variety of Salads and Fruits</i>	Crispy Fish Filet w/Hushpuppies *Nachos w/Queso or Nachos w/Beef & Queso Chicken Caesar Salad <i>Seasoned Green Beans</i> <i>Fiesta Black Beans</i> <i>Variety of Salads and Fruits</i>
16	17	18	19	20

Turkey Ham & Cheese Sliders	*Mini Maple Pancakes	Breakfast Pizza	Sausage Biscuit	*Blueberry Muffin
*Cheese or Pepperoni Pizza Thai Sweet Chili Chicken w/Fried Rice & Roll Chicken Caesar Salad <i>Green Peas &amp; Carrots</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads and Fruits</i>	Char-Meck-A-Nator *Mini Cheese Ravioli & Breadstick Chef Salad <i>Glazed Sweet Carrots</i> <i>Potato Wedges</i> <i>Variety of Salads and Fruits</i>	*Mac & Cheese w/Roll Chicken Fajita Rice Bowl w/Tortilla Chips *Yogurt, Double Berry & Granola Parfait <i>Sweet Kernel Corn</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads and Fruits</i>	Corn Dog BBQ OR Roasted Chicken w/Roll Chicken Caesar Salad <i>Sweet Potato Souffle'</i> <i>Fresh Steamed Collard Greens</i> <i>Variety of Salads and Fruits</i>	Fish Sandwich *Nachos w/Queso or Nachos w/Beef & Queso Chef Salad <i>Baked Potato</i> <i>Fiesta Black Beans</i> <i>Variety of Salads and Fruits</i>
23	24	25	26	27

 <b>No School Teacher Work Day</b> 30	 <b>Boo! Fruit Cup</b> 31	 <b>NATIONAL SCHOOL LUNCH WEEK 2017</b> <b>ROCK THE DAY</b> <i>with a Healthy School Lunch</i> <b>October 9-13</b>
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Breakfast offerings may also include:  
Cereal with String Cheese, Nutri-Grain Bar with String Cheese, or Crunchmania.

Daily Lunch Offerings Include:  
Yogurt with String Cheese (Vegetarian)  
Hummus (Vegan)

Visit [www.cms.k12.nc.us/cmsdepartments/cns](http://www.cms.k12.nc.us/cmsdepartments/cns)  
for Meal Pricing, Nutrition, and Allergen Information  
Use [www.paypams.com](http://www.paypams.com) for prepayment & monitoring.

\*Indicates vegetarian entrée for Breakfast and Lunch. CMS Child Nutrition Services is an equal opportunity provider. Menu is subject to change without prior notice.