

K-8 Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| *Mini Pancakes: Maple or Strawberry | Breakfast Pizza | Chicken &/or Sausage Biscuit | *French Toast | *Chocolate Chip &/or Blueberry Muffin |
| *Cheese Dippers w/wo Marinara Meatballs w/Gravy Chicken Caesar Salad w/Pita Rounds Mashed Potatoes Sweet Kernel Corn Variety of Salads and Fruits | Crispy Baked Drumstick Pork Street Tacos *Double Strawberry Parfait Seasoned Potato Roasters Seasoned Pinto Beans Variety of Salads and Fruits | Hamburger or Cheddar Burger Cherry Blossom Chicken Turkey & Cheese Salad w/Pita Rounds Steamed Broccoli Baked Potato Wedges Variety of Salads and Fruits | Pepperoni or *Cheese Pizza Plain or BBQ Roasted Chicken *Peach Parfait Orange Ginger Carrots Seasoned Crinkle Cut Potatoes Variety of Salads and Fruits | Carolina Dog Turkey Cheese Melt Chicken Taco Salad w/Tortilla Chips Sweet Potato Waffle Fries Creamy Coleslaw Variety of Salads & Fruits |
| 2 | 3 | 4 | 5 | 6 |
| Chicken &/or Sausage Biscuit | *Mornin' Bar | Maple Sausage Slider | *Mini Blueberry Waffles | *Cinnamon Crunch Square |
| *Cheese Dippers w/wo Marinara Salisbury Steak Chicken Caesar Salad w/Pita Rounds Green Beans Mashed Potatoes Variety of Salads and Fruits | Chicken Nuggets Cheese Ravioli *Peach Parfait Baked Potato Wedges Steamed Broccoli Variety of Salads and Fruits | Hamburger or Cheddar Burger New Orleans Chicken Turkey & Cheese Salad w/Pita Rounds Brown Sugar Baked Beans Seasoned Crinkle Cut Potatoes Variety of Salads and Fruits | HOLIDAY MEAL Turkey & Dressing w/Gravy Pepperoni or *Cheese Pizza *Double Strawberry Parfait Sweet Potato Souffle Sweet Kernel Corn Variety of Salads and Fruits | Beef &/or *Queso Nachos Queen City Fish Tacos Beef Taco Salad w/Tortilla Chips Fiesta Black Beans Variety of Salads & Fruits |
| 9 | 10 | 11 | 12 | 13 |
| *Chocolate Chip &/or Blueberry Muffin | *Cheese Stuffed Stick | *Banana Bread | Chicken &/or Sausage Biscuit | Sunrise Stick |
| *Cheese Dippers w/wo Marinara BBQ Pork Sandwich Chicken Caesar Salad w/Pita Rounds Brown Sugar Baked Beans Baked Potato Wedges Variety of Salads and Fruits | B4L: Chicken Filet Biscuit Cheesy Beef Roll Ups *Strawberry Parfait Seasoned Potato Roasters Sweet Kernel Corn Variety of Salads and Fruits | Hamburger or Cheddar Burger Honey Sriracha Chicken Turkey & Cheese Salad w/Pita Rounds Sweet Potato Waffle Fries Seasoned Mixed Vegetables Variety of Salads and Fruits | Pepperoni or *Cheese Pizza Manager's Choice Entree *Mandarin Parfait Manager's Choice Hot Veg Variety of Salads and Fruits | Beef &/or *Queso Nachos Manager's Choice Entree Beef Taco Salad w/Tortilla Chips Manager's Choice Hot Veg Variety of Salads & Fruits |
| 16 | 17 | 18 | 19 | 20 |
| | | | | |

Winter Break



Daily Breakfast Offerings Include:
Cereal w/String Cheese, Crunchmania,
Nutri-Grain Bar w/String Cheese.

Daily Lunch Offerings Include:
Yogurt Bag (Vegetarian)
Hummus (Vegan)
WOWbutter & Grape Jelly Sandwich

All students in non-CEP schools must have an approved meal application, cash or money on account to make meal purchases. High School students are not allowed to go into the negative to purchase any food item.

Visit www.wearecms.com for Meal Pricing, Nutrition, and Allergen Information. Use www.paypams.com for prepayment monitoring of student accounts.

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



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|--|--|--|---|---|
| *Mini Pancakes: Maple or Strawberry | Breakfast Pizza | Chicken &/or Sausage Biscuit | *French Toast | *Chocolate Chip &/or Blueberry Muffin |
| Cheese Dippers w/wo Marinara Mashed Potatoes Apple Slices | Crispy Baked Drumstick Seasoned Potato Roasters Mandarin Oranges | Hamburger or Cheddar Burger Steamed Broccoli Strawberry Parfait | Plain or BBQ Roasted Chicken Orange Ginger Carrots Applesauce | Turkey Cheese Melt Sweet Potato Waffle Fries Manager's Choice Fresh Fruit |
| 2 | 3 | 4 | 5 | 6 |
| Chicken &/or Sausage Biscuit | *Cereal | Maple Sausage Slider | *Mini Blueberry Waffles | *Cereal |
| Cheese Dippers w/wo Marinara Mashed Potatoes Diced Peaches | Chicken Nuggets Baby Carrots w/ Ranch Dip Mandarin Oranges | Hamburger or Cheddar Burger Seasoned Crinkle Cut Potatoes Fresh Orange | HOLIDAY MEAL Turkey & Dressing w/Gravy Sweet Potato Souffle Apple Crisp | Beef &/or *Queso Nachos Fiesta Black Beans Fruited Gelatin &/or Sliced Pears |
| 9 | 10 | 11 | 12 | 13 |
| *Chocolate Chip &/or Blueberry Muffin | *Cereal | *Banana Bread | Chicken &/or Sausage Biscuit | *Cereal |
| *Cheese Dippers w/wo Marinara Baked Potato Wedges Apple Slices | B4L: Chicken Filet Biscuit Sweet Kernel Corn Pineapple Tidbits | Hamburger or Cheddar Burger Seasoned Crinkle Cut Potatoes Fresh Orange | Pepperoni or *Cheese Pizza Manager's Choice Hot Veg Applesauce | Manager's Choice Entree Manager's Choice Hot Veg Manager's Choice Fresh Fruit |
| 16 | 17 | 18 | 19 | 20 |
| | | | | |

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|--|---|--|--|---|
| *Mini Pancakes: Maple or Strawberry Hamburger or Cheddar Burger *Mac & Cheese Manager's Choice Entrée Salad <i>Seasoned Crinkle Cut Potatoes</i> <i>Variety of Salads and Fruits</i> 2 | Breakfast Pizza Premium Chicken Bites Pork Mojo or Pork Street Tacos <i>Baked Potato Wedges</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads and Fruits</i> 3 | Chicken &/or Sausage Biscuit Reg or Spicy Chicken Sandwich Southwest Stuffed Spud Manager's Choice Entrée Salad <i>Steamed Broccoli</i> <i>Sweet Potato Waffle Fries or Sweet Potato Wedges</i> <i>Variety of Salads and Fruits</i> 4 | *French Toast Cheese & Pepperoni Calzone w/wo Marinara New Orleans Chicken Manager's Choice Entrée Parfait <i>Sweet Kernel Corn</i> <i>Glazed Coin Carrots</i> <i>Variety of Salads and Fruits</i> 5 | *Chocolate Chip &/or Blueberry Muffin *Cheese Dippers w/wo Marinara Plain or BBQ Roasted Chicken <i>Collard Greens</i> <i>Mashed Potatoes or Potato Wedges</i> <i>Variety of Salads & Fruits</i> 6 |
| Chicken &/or Sausage Biscuit Burger Mania: Jalapeno or Pepperjack Beef and/or *Queso Nachos Manager's Choice Entrée Salad <i>Seasoned Crinkle Cut Potatoes</i> <i>Fiesta Black Beans</i> <i>Variety of Salads and Fruits</i> 9 | *Mornin' Bar Premium Chicken Tenders *Mac & Cheese <i>Baked Potato Wedges</i> <i>Mixed Vegetables</i> <i>Variety of Salads and Fruits</i> 10 | Maple Sausage Slider Reg or Spicy Chicken Filet Biscuit Deli Hoagie Manager's Choice Entrée Salad <i>Steamed Broccoli</i> <i>Sweet Potato Waffle Fries</i> <i>Variety of Salads and Fruits</i> 11 | HOLIDAY MEAL Turkey & Dressing w/Gravy Pepperoni or *Cheese Pizza Manager's Choice Entrée Parfait <i>Sweet Potato Souffle</i> <i>Sweet Kernel Corn</i> <i>Variety of Salads and Fruits</i> 12 | *Cinnamon Crunch Square *Cheese Dippers w/wo Marinara Cajun Roasted Chicken <i>Seasoned Potato Roasters or Potato Wedges</i> <i>Variety of Salads & Fruits</i> 13 |
| *Chocolate Chip &/or Blueberry Muffin Chicken Wings w/wo Celery Turkey & Cheese Melt w/wo Tomato Soup Manager's Choice Entrée Salad <i>Seasoned Crinkle Cut Potatoes</i> <i>Green Beans</i> <i>Variety of Salads and Fruits</i> 16 | *Cheese Stuffed Stick Premium Chicken Tenders Queen City Fish Tacos <i>Sweet Potato Waffle Fries</i> <i>Sweet Kernel Corn</i> <i>Variety of Salads and Fruits</i> 17 | *Banana Bread Reg or Spicy Chicken Sandwich BBQ Pork Sandwich Manager's Choice Entrée Salad <i>Brown Sugar Baked Beans</i> <i>Creamy Coleslaw</i> <i>Variety of Salads and Fruits</i> 18 | Chicken &/or Sausage Biscuit Cheese & Pepperoni Calzone w/wo Marinara Sauce Manager's Choice Entrée Manager's Choice Entrée Parfait <i>Steamed Broccoli</i> <i>Baked Potato Wedges</i> <i>Variety of Salads and Fruits</i> 19 | Sunrise Stick *Cheese Dippers w/wo Marinara Manager's Choice Entree <i>Manager's Choice Hot Veg</i> <i>Variety of Salads & Fruits</i> 20 |
| | | | | |

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