

Carterville Junior High School Menu: April 8 - May 3, 2024



Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
No School	French toast sticks, syrup,	Cinnamon roll w/ icing	Biscuit & gravy, sausage patty	Choice of donut or other baked breakfast item
Eclipse Day 	Grilled chicken sandwich OR Buffalo chicken mac & cheese Baby bakers Green Beans Dinner roll	Pizza slice- Cheese OR Meat Super sweet corn Side salad w/ ranch dressing Rice krispie treat	Chicken strips: Spicy OR regular Steam broccoli w/ cheese sauce Whip potatoes / Dinner roll	Sloppy Joe on bun OR Rib patty on bun Baked beans Seasoned potato wedges Chocolate chip cookie
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Mini-Cinnis	Pancake sausage stick, syrup,	Egg patty, bacon, biscuit	Biscuit & gravy, sausage patty	Choice of donut or other baked breakfast item
Cheeseburger/bun OR Breaded Chicken Patty/ bun Krinkle Kut fries Baked beans	Salisbury steak w/ gravy OR Chicken Drummies Green garden peas Mashed potatoes Corn bread loaf	Bosco sticks w/ marinara OR Pizza bagels w/ marinara Side salad w/ ranch Super sweet corn	Tangerine chicken California blend vegetables Vegetable fried rice Chocolate chip cookie	Deli sandwich: Hot ham & cheese or turkey w/cheese Mac & cheese Doritos Baby carrots w/ ranch dip
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Muffin OR Honey bun	Eggo waffles, syrup	Cheese omelet & toast	Chicken McMuffin	Choice of donut or other baked breakfast item
Polo loco chicken (chicken with white cheese sauce) OR Chicken & cheese quesadilla Spanish rice Salsa and tortilla chips Frozen slushy (v)	Buffalo Chicken Hot Pocket OR Chicken fries w/ gravy Glazed carrots Potato smiles Biscuit	Breakfast for Lunch Biscuit /gravy OR Pancakes w/ syrup Sausage patty Hash brown	Chicken Alfredo OR Toasted ravioli with marinara Romaine Salad/Dressing California Blend Veggies Cheesy garlic breadstick	Corn dog OR Grilled cheese sandwich Soup (see café' menu for soup of the day) Baby carrots w/ ranch dip Tater tots
Monday 29	Tuesday 30	Wednesday May 1	Thursday 2	Friday 3
Bagels w/ cream cheese	Pancake sausage stick, syrup	Egg bites (Egg, sausage, cheese), toast	Biscuit & gravy, sausage patty,	Choice of donut or other baked breakfast item
Spicy chicken patty on bun OR Pretzel bites w/ Nacho cheese Tater tots Corn on cob Mango Wango /Dragon Punch	Lion's bowl (all in one bowl) OR Chicken nuggets Mashed potatoes Sweet corn Dinner roll	Italian dunkers OR Garlic French Bread Marinara sauce California Vegetables Side salad /Dressing	Beef Taco or buffalo chicken taco in a bag (taco filling, Fiesta beans Salsa	Cheeseburger on bun OR Grilled chicken on bun Baked beans Oven bake fries

	<u>Breakfast</u>	<u>Lunch</u>
K-8th:	\$1.75	\$2.60
9-12th:	\$2.25	\$2.85
Adult:	\$2.50	\$3.60
Reduced	.30	Reduced .40

ACCOUNTS ARE AUTOMATICLY UPDATED DAILY Meal statements are automatically processed and sent to your Skyward account. This balance includes any roll over balances from previous years. If you have any questions, please contact your school office

PLEASE SEND LUNCH MONEY IN ADVANCE OF MEAL PURCHASES. (Checks preferred)
Payments can be made on-line through your Skyward account. Contact your school's office for more information Log on to your Skyward account to view your account balance. **NOTE:** we require a 24-hour window of time for the money to show up on your account if you send check/cash to the office

There is a \$25.00 "grace" charge limit on all food service accounts. If the account is not paid in a timely manner, you may be required to fill out a free/reduced application.

Help paying for students' lunches may be available by filling out a family income application to see if the student qualifies for a free or reduced lunch code. This information is highly confidential. More information can be obtained by calling the food service director or your school's office.

Offer Vs. Serve

Students do not have to take all food items, but at breakfast they must take 3 items **including the fruit or juice**. At lunch they must take 3 items from the 5 food groups offered (Grain, Fruit, Vegetable, Meat/meat alternate, Milk) and **one item must be a fruit or a vegetable**.

Dinner Salads
Now available for lunch
Mon., Wed. Fri.

Snack Shack!!
Check it out!

Available at breakfast everyday: Choice of hot entrée (see menu) or cereal & toast. Milk, juice, and fruit served daily.
Available at lunch everyday: Choice of entrée or dinner salad. Milk and fruit served daily.
Menu subject to change due to food availability.

Carterville Unit #5 is an equal opportunity provider and employer.	Jeannie Ellis, Food Service Director: 618-985-2940 jellis@cartervilleschools.org
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