



# Carterville High School Menu Oct. 4-15, 2021



Sub/Salad Line	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily: Sub Line</b> Lettuce, sliced tomato Mayo -2, Mustard -2 <b>Sides</b> (M,W,F )Baby Carrots or (T,Th) Fresh Broccoli w/ ranch dip, Daily choice fruit/fruit juice	<b>Sub choice:</b> Turkey Or Italian Sun chips Or Doritos  <b>Salad choice:</b> Popcorn Chicken Or Garden Salad Choice of dressing Animal crackers	<b>Sub choice:</b> Ham/cheese Or Italian Sun chips Or Doritos  <b>Salad choice:</b> Grilled Chicken Or Spinach Salad Choice of dressing	<b>Sub choice:</b> Turkey Or Italian Sun chips Or Doritos  <b>Salad choice:</b> Chef salad Garden Salad Choice of dressing	<b>Sub choice:</b> Ham/cheese Or Italian Sun chips Or Doritos  <b>Salad choice:</b> Spicy Chicken Or Romaine Garden Salad Choice of dressing	<b>Sub choice:</b> Assorted Sun chips Or Doritos  <b>Salad choice:</b> Variety Choice of dressing
<b>Week #1</b>	<b>Monday 4</b>	<b>Tuesday 5</b>	<b>Wednesday 6</b>	<b>Thursday 7</b>	<b>Friday 8</b>
<b>Breakfast Daily:</b> Fruit, juice, milk	<i>Choice of muffin or bagel, cream cheese</i>	<i>Pancake sausage stick, syrup</i>	<i>Egg patty, sausage link hash brown,</i>	<i>Biscuit &amp; gravy</i>	<i>Choice of donut</i>
<b>Main Entrée Choices</b>   <b>Today's Sides</b>	Spicy / regular chicken strips  Curly fries Baby carrots w/ranch dip Fruit/ fruit juice Ketchup (4) Mustard (2)	Salisbury steak w/ gravy  Mashed potatoes Green beans Dinner roll Cookie Fruit/ fruit juice	Sliced pizza (Cheese or Pepperoni)  Romaine salad w/ dressing & grape tomatoes Super sweet corn Fruit/ fruit juice	Walking taco (taco filling, shred. cheese & lettuce)  Spanish rice Fiesta Beans Chips / Salsa Seasonal Fruit/ fruit juice	Meatball sub (Hoagie roll, 4 meatballs, marinara sauce, moz cheese)  Potato Smiles Super Sweet Corn Rice krispie treat Fruit/fruit juice
<b>Week #2</b>	<b>Monday 11</b>	<b>Tuesday 12</b>	<b>Wednesday 13</b>	<b>Thursday 14</b>	<b>Friday 15</b>
	<b>No School</b>	<b>Fall Break</b>	<b>Enjoy</b>	<b>Have fun</b>	<b>See you Monday</b>

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 Food Service Director  
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Carterville Unit #5 is an equal opportunity provider and employer.

- All Student Meals are FREE: **one** breakfast and **one** lunch per day.
- There is no a la carte at this time.
- Adult prices are: Breakfast #2.50 Lunch: \$3.50
- **Reduction in choices due to food supply issues.** There are still issues getting certain food items and delivery trucks into the district. Therefore, the decision has been made to only offer one hot entrée per lunch. The sub sandwiches and the salads are still being offered. Please contact Jeannie Ellis, Food Service Director, if you have any questions or concerns.
- Menu is subject to change due to availability of food. Availability issues may include but not limited to manufacturing issues/ transportation issues.
- All meals follow USDA requirements. All breakfast served with %100 juice and assorted low fat/no fat milk. All lunches served with assorted low fat/no fat milk. All grains served are whole grain rich.
- Offer Vs. Serve =Do not have to take everything but...
  - Breakfast: Choose 3 items – one must be fruit or juice
  - Lunch: Choose 3 items – one must be fruit or vegetable