



Carterville High School Menu: Oct. 18 – Nov. 12, 2021



Sub/Salad Line	Monday	Tuesday	Wednesday	Thursday	Friday
Daily: Sub Line Lettuce, sliced tomato Mayo -2, Mustard -2 Sub/Salad Sides Baby Carrots w/ ranch dip, Mango wango juice Sun chips Or Doritos Choice dressing, fruit, fruit juice	Sub choice: Turkey Or Italian Salad choice: Popcorn Chicken Or Garden Salad (Corn muffin)	Sub choice: Ham/cheese Or Italian Salad choice: Grilled Chicken Or Spinach Salad (Breadstick)	Sub choice: Turkey Or Italian Salad choice: Chef salad Garden Salad (Corn muffin)	Sub choice: Ham/cheese Or Italian (Cookie) Salad choice: Spicy Chicken Or Garden Salad (Cookie)	Sub choice: Assorted (Rice krispie treat) Salad choice: Variety (Rice krispie treat)
	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfast Daily: Fruit, juice, milk	<i>Choice of muffin or bagel, cream cheese</i>	<i>French toast sticks, sausage link, syrup</i>	<i>Breakfast boat (Egg, cheese, sausage)</i>	<i>Biscuit & gravy</i>	<i>Choice of donut</i>
Lunch Daily: Fresh fruit, fruit juice, milk	Ribs patty on bun French fries Baby carrots w/ranch dip Ketchup - 4	Country fried steak w/ gravy Mashed potatoes Green beans Dinner roll	Italian dunkers w/ Marinara sauce Potato stars Romaine side salad / grape tomatoes/ ranch	Queso fajita bowl (Refried beans, Spanish rice, fajita chicken, cheese sauce) Chips & salsa Cookie	French bread pizza Super sweet corn Tater tots Rice krispie treat Ketchup -2
	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfast Daily: Fruit, juice, milk	<i>Cinnamon raisin biscuit w/ icing</i>	<i>Mini pancake bites, Syrup</i>	<i>Fruddle (Apple or Cherry)</i>	<i>Scramb. eggs w/ bacon & cheese, biscuit, jelly</i>	No School
Lunch Daily: Fresh fruit, fruit juice, milk	Cheeseburger on bun (lettuce, sliced tomatoes) French Fries Baby carrots w/ ranch Sliced tomato, lettuce Ketchup - 4	Chicken fries Tater tots Baked beans Corn bread	Bosco sticks w/ marinara sauce Romaine side salad w/ grape tomatoes /ranch California vegetables	General Tso Chicken w/Fried rice Potato wedges Corn bread Stir fry vegetables Cookie	Enjoy the day off!
	Monday Nov. 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Breakfast Daily: Fruit, juice, milk	<i>Choice of muffin or bagel, cream cheese</i>	<i>Pancake sausage on stick, syrup</i>	<i>Egg patty, sausage patty, biscuit, jelly</i>	<i>Biscuit & gravy</i>	<i>Choice of donut</i>
Lunch Daily: Fresh fruit, fruit juice, milk	Chicken strips (Spicy or regular) Baby bakers Baby carrots/ ranch Baked beans	Salisbury steak w/ gravy Mashed potatoes Green beans Dinner roll	Sliced pizza Romaine side salad/ grape tomatoes/ ranch Super sweet corn	Walking taco (Tortilla chips, nacho cheese sauce, taco meat, flour tortilla, salsa) Fiesta beans Mango wango juice Cookie	Meatball sub (hoagie, 4 meatballs, marinara sauce, moz cheese) Potato smiles Super sweet corn Rice krispie treat
	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Breakfast Daily: Fruit, juice, milk	<i>Cinnamon raisin biscuit w/ icing</i>	<i>Mini pancakes,, syrup</i>	<i>Breakfast pizza</i>	No School	<i>Choice of donut</i>
Lunch Daily: Fresh fruit, fruit juice, milk	Cheeseburger on bun (lettuce, sliced tomatoes) French Fries Baby carrots w/ ranch Sliced tomato, lettuce Ketchup - 4	Loaded nachos (Tortilla chips, nacho cheese sauce, taco meat, flour tortilla, salsa) Fiesta beans Super sweet corn	Toasted ravioli (5) & mozzarella sticks (3) Marinara sauce Romaine side salad/ grape tomatoes/ ranch Baby bakers		Spicy or regular Chicken patty on bun Baked beans Potato wedges Rice krispie treat Ketchup- 2

- 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

Jeannie Ellis,
 Food Service Director
 618-985-2940
jellis@cartervilleschools.org

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