

# May 2023 KCAL/CHO Lunch Menu—Middle School

## Frozen Fruit Cups

Strawberry 160/42  
 Peach 80/19  
 Mixed Berry 90/20  
 Froot Jooce 90/22  
 Tangerine Dragon 90/22  
 Cherrymojo Froot Jooce 90/22

## Fresh Fruit

Large Apple: 130/34  
 Petite Banana: 87/24  
 Naval Orange: 80/20  
 Wild Blueberry Cups: 35/8  
 Blood Oranges: 70/16  
 Local Strawberries: 25/6  
 Ojai Pixie Tangerines: 50/11

## Other Fruit:




Craisins 110/27  
 Raisins 120/29  
 Applesauce Cup 125/29  
 Sliced Peaches 60/14  
 Dried Cranberries 110/28  
 Mixed Fruit 60/17  
 Diced Pears 48/13  
 Apple Slices 30/7  
 Cherry Fruit Gel: 90/22  
 Orange Fruit Gel: 70/18  
 Strawberry Fruit Gel: 80/19

## Milk

Chocolate: 120/20  
 Strawberry: 110/19  
 1% White: 110/19  
 Skim: 90/13  
 Lactose Free: 90/13  
 Soy: 150/21

## Condiments:

Ketchup: 10/2  
 Mayonnaise: 30/1  
 Mustard: 5/0  
 Texas Pete: 1.7/0

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
<b>Entrée:</b> Build Your Own Popcorn Chicken Bowl 284/18 (Popcorn Chicken)  Corn Dog 240/30  <b>Vegetables:</b> Mashed Potatoes 70/14 Steamed Corn 89/17	<b>Entrée:</b> Pepperoni Pizza 296/29 Cheese Pizza 321/29  <b>Vegetables:</b> Green Beans 25/4 Mixed Cali Veggies 43/6	<b>Entrée:</b> Mandarin Orange Chicken 160/12 w/Rice 196/43  Chicken & Vegetable Dumplings 252/33  <b>Vegetables:</b> Steamed Broccoli 19/3 Glazed Carrots 51/9	<b>Entrée:</b> Hamburger 240/26 Cheeseburger 274/27  Chicken Nuggets 237/16 w/Roll 180/34  <b>Vegetables:</b> Tater Tots 110/17 Fresh Veggie Cup 18/4	 <b>Entrée:</b> Walking Taco ■ Turkey Taco Meat 164/6 ■ Cheese Sauce 87/2 ■ Doritos 130/20 Chicken Pizza Quesadilla 280/38  <b>Vegetables:</b> Black Beans 108/20 Fajita Veggies 44/10
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	<b>Entrée:</b> Walking Taco ■ Turkey Taco Meat 164/6 ■ Cheese Sauce 87/2 ■ Doritos 130/20  Mini Corndogs 249/30  <b>Vegetables:</b> Black Beans 108/20 Steamed Corn 89/17	<b>Entrée:</b> Crispy Oven Fried Chicken 220/6 Biscuit: 190/25  Cheese Dippers 404/32 w/Marinara 16/2  <b>Vegetables:</b> Sweet Potato Fluff 156/35 Green Beans 25/4	<b>Entrée:</b> Manager's Choice Entrée (See manager for daily menu)  <b>Vegetables:</b> Manager's Choice Veggie (See manager for daily menu) Baby Carrot Snack Packs 30/7	<b>Entrée:</b> Pepperoni Pizza 296/29 Cheese Pizza 321/29  Fish Sandwich 280/39  <b>Vegetables:</b> Potato Wedges 133/19 Fresh Cucumber Cup 11/3
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<b>Entrée:</b> Mac & Cheese 299/32 w/Roll 180/34  Grilled Cheese 302/36  <b>Vegetables:</b> Fresh Broccoli Cup 9/2 Steamed Carrots 40/9	<b>Entrée:</b> Walking Taco ■ Turkey Taco Meat 164/6 ■ Cheese Sauce 87/2 ■ Doritos 130/20  Chicken Pizza Quesadilla 280/38  <b>Vegetables:</b> Black Beans 108/20 Steamed Corn 89/17	<b>Entrée:</b> Chicken Fillet Sandwich 380/39  Pepperoni & Cheese Calzone 270/33  <b>Vegetables:</b> Baby Carrots 30/7 Potato Wedges 133/19	<b>Entrée:</b> BBQ Pulled Pork Sandwich 294/23  Hot Dog 280/33  <b>Vegetables:</b> Cole Slaw 191/9 Green Beans 25/4	<b>Entrée:</b> Pepperoni Pizza 296/29 Cheese Pizza 321/29  Fish Sandwich 280/39  <b>Vegetables:</b> Potato Smiles 163/25 Fresh Veggie Cup 18/4
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<b>Entrée:</b> Build Your Own Popcorn Chicken Bowl 284/18 (Popcorn Chicken)  Corn Dog 240/30  <b>Vegetables:</b> Mashed Potatoes 70/14 Steamed Corn 89/17	<b>Entrée:</b> Walking Taco ■ Turkey Taco Meat 164/6 ■ Cheese Sauce 87/2 ■ Doritos 130/20  Chicken Pizza Quesadilla 280/38  <b>Vegetables:</b> Black Beans 108/20 Steamed Carrots 40/9	<b>Entrée:</b> Hamburger 240/26 Cheeseburger 274/27  Chicken Nuggets 237/16 w/Roll 180/34  <b>Vegetables:</b> Tater Tots 110/17 Mixed Cali Veggies 43/6	<b>Entrée:</b> Mandarin Orange Chicken 160/12 w/Rice 196/43  Chicken & Vegetable Dumplings 252/33  <b>Vegetables:</b> Steamed Broccoli 19/3 Glazed Carrots 51/9	<b>Entrée:</b> Pepperoni Pizza 296/29 Cheese Pizza 321/29  Fish Sandwich 280/39  <b>Vegetables:</b> Green Beans 25/4 Fresh Veggie Cup 18/4
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	<b>Entrée:</b> Walking Taco ■ Turkey Taco Meat 164/6 ■ Cheese Sauce 87/2 ■ Doritos 130/20  Mini Corndogs 249/30  <b>Vegetables:</b> Black Beans 108/20 Steamed Corn 89/17	<b>Entrée:</b> Crispy Oven Fried Chicken 220/6 Biscuit: 190/25  Cheese Dippers 404/32 w/Marinara 16/2  <b>Vegetables:</b> Sweet Potato Fluff 156/35 Baby Carrots 30/7		

Cabarrus County Schools