

Carolina Prep Menu



Week 1

August 2 - 6
August 30 - September 3
October 11 - 15
November 8 - 12
November 29 - December 3

Week 2

August 9 - 13
September 6 - 10
October 18 - 22
November 15 - 19
December 6 - 10

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, Fresh Fruit, and Milk	Graham Crackers	Pulled BBQ Chicken Sandwich, Baked Beans, Coleslaw, Fresh Fruit and Milk	Jack Fruit BBQ, Baked Beans, Coleslaw, Fresh Fruit, and Milk	Mini Bagels and Cream Cheese
Tuesday	English Muffins, Fresh Fruit, and Milk	Cheez-its	Three Cheese Ravioli w/ Alfredo Sauce, Roasted Zucchini, Fresh Fruit, and Milk	Three Cheese Ravioli w/ Alfredo Sauce, Roasted Zucchini, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Wednesday	French Toast Sticks, Fresh Fruit, and Milk	Fig Newtons	Sloppy Joe Sliders, Sweet Potato Tots, Fresh Fruit, and Milk	Veggie Grillers, Sweet Potato Tots, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Thursday	Turkey Sausage Biscuits, Fresh Fruit, and Milk	Vanilla Wafers	Turkey with Gravy, Mashed Potatoes, Green Beans, Roll, Fresh Fruit, and Milk	Sliced Tofu with Gravy, Mashed Potatoes, Green Beans, Roll, Fresh Fruit, and Milk	Fresh Fruit and Pudding
Friday	Mini Muffins, Fresh Fruit, and Milk	Ritz Crackers	Cheese Pizza Sub, Garden Salad w/ Ranch, Fresh Fruit, and Milk	Cheese Pizza Sub, Garden Salad w/ Ranch, Fresh Fruit, and Milk	Carolina Prep Snack Mix

Week 2	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English Muffins, Fresh Fruit, and Milk	Goldfish	Fish Sticks, Waffle Fries, Coleslaw, Fresh Fruit, and Milk	Veggie Sticks, Waffle Fries, Coleslaw, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit, and Milk	Animal Crackers	Macaroni and Cheese, Broccoli Slaw, Fresh Fruit, and Milk	Macaroni and Cheese, Broccoli Slaw, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit, and Milk	Ritz Crackers	Chicken Gyro w/ Tzatziki Sauce, Glazed Carrots, Fresh Fruit, and Milk	Veggie Grillers w/ Tzatziki Sauce, Glazed Carrots, Fresh Fruit, and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage Biscuits, Fresh Fruit, and Milk	Graham Crackers	Teriyaki Beef and Veggie Stir Fry, Brown Rice, Fresh Fruit, and Milk	Veggie Stir Fry, Brown Rice, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit, and Milk	Fig Newtons	Cheese Pizza Quesadilla, Garden Salad, Fresh Fruit, and Milk	Cheese Pizza Quesadilla, Garden Salad, Fresh Fruit, and Milk	Mini Muffins



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Carolina Prep Menu



Week 3

August 16 - August 20
 September 13 - 17
 September 27 - October 1
 October 25 - 29
 December 13 - 17

Week 4

August 23 - 27
 September 20 - 24
 October 4 - 8
 November 1 - 5
 November 22 - 26
 December 20 - 24

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini Muffins, Fresh Fruit, and Milk	Graham Crackers	Pulled BBQ Chicken Sandwich, Baked Beans, Coleslaw, Fresh Fruit, and Milk	Jack Fruit BBQ, Baked Beans, Coleslaw, Fresh Fruit, and Milk	Mini Bagels and Cream Cheese
Tuesday	Cereal, Fresh Fruit, and Milk	Cheez-its	Spaghetti and Meatballs, Steamed Cauliflower, Garlic Bread, Fresh Fruit, and Milk	Spaghetti w/ Marinara, Steamed Cauliflower, Garlic Bread, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Wednesday	English Muffins, Fresh Fruit, and milk	Fig Newtons	Beef, Bean, and Cheese Burrito, Spanish Rice, Corn, Fresh Fruit, and Milk	Bean and Cheese Burrito, Spanish Rice, Corn, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Thursday	French Toast Sticks, Fresh Fruit, and Milk	Vanilla Wafers	Popcorn Chicken, Smashed Potatoes, Peas, Roll, Fresh Fruit, and Milk	Veggie Nuggets, Smashed Potatoes, Peas, Roll, Fresh Fruit, and Milk	Fresh fruit and Pudding
Friday	Turkey Sausage Biscuits, Fresh Fruit, and Milk	Ritz Crackers	Cheese Burger, Sweet Potato Tots, Fresh Fruit, and Milk	Veggie Burger, Sweet Potato Tots, Fresh Fruit, and Milk	Carolina Prep Snack Mix

Week 4	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English Muffins, Fresh Fruit, and Milk	Goldfish	Baked Chicken Nuggets, Carrots, Mashed Sweet Potatoes, Fresh Fruit, and Milk	Baked Veggie Nuggets, Carrots, Mashed Sweet Potatoes, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit, and Milk	Animal Crackers	Vegetable Lasagna, Corn, Garlic Bread, Fresh Fruit, and Milk	Vegetable Lasagna, Corn, Garlic Bread, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit, and Milk	Ritz Crackers	Baked BBQ Chicken, Yellow Rice, Broccoli w/Cheese, Roll, Fresh Fruit, and Milk	BBQ Jack Fruit, Yellow Rice, Broccoli w/Cheese, Roll, Fresh Fruit, and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage Biscuits, Fresh Fruit, and Milk	Graham Crackers	Meatloaf, Mashed Potatoes, Green Beans, Fresh Fruit, and Milk	Veggie Meatloaf, Mashed Potatoes, Green Beans, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit, and Milk	Fig Newtons	Cheese Pizza, Garden Salad w/ Ranch, Fresh Fruit, and Milk	Cheese Pizza, Garden Salad w/ Ranch, Fresh Fruit, and Milk	Mini Muffins