

August/September 2011



Carson City Middle School Lunch

22

Italian Meatball Sandwich

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken Caesar Salad

featured side items

Potato Wedges
Celery Sticks & Baby Carrots
Diced Peaches
Fresh Pears

23

Sweet & Sour Chicken

served w/Brown Rice

grille _____

**Hamburgers
Pizza Burger**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Ham & Cheese Sub

featured side items

Peas & Carrots
Green Peppers & Broccoli
Applesauce
Fresh Banana

24

Beef Tacos

served w/santa fe rice

grille _____

BBQ Chicken Sandwich

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Cobb Salad

featured side items

Whole Kernel Corn
Cucumber Coins & Baby Carrots
Mandarin Oranges
Fresh Cantaloupe

25

Twisted Spaghetti

served w/garlic breadstick

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

All American Wrap

featured side items

Tator Tots
Celery Sticks & Fresh Spinach
Diced Pears
Orange Wedges

26

Chicken Fajitas

served w/refried beans

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Tuna Salad Pocket

featured side items

Capri Blend Veggies
Zucchini Sticks & Baby Carrots
Mixed Fruit
Fresh Watermelon

29

Rotisserie Chicken

served w/Cornbread

grille _____

**Hamburger
Taco Burger**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken Caesar Salad

featured side items

Potato Wedges
Celery Sticks & Baby Carrots
Sliced Peaches in Juice
Fresh Apples Slices

30

Beef & Bean Burrito

grille _____

Chicken Patty Sandwich

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Italian Sub Sandwich

featured side items

Mixed Vegetables
Green Peppers & Broccoli
Applesauce
Fresh Banana

31

Chicken Nachos

served w/santa fe rice

grille _____

**Hamburger
Cheeseburger**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken Ranch Salad

featured side items

Tator Tots
Cucumber Coins & Baby Carrots
Mandarin Oranges in Juice
Fresh Cantaloupe

1

Pasta Bake w/ Penne

served w/garlic Breadstick

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Buffalo Chicken Wrap

featured side items

Steamed Broccoli
Celery Sticks & Fresh Spinach
Diced Pears
Orange Wedges

2

Country Chicken Potato Bowl

grille _____

**Hamburger
Cheeseburger**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Tuna Salad Sandwich

featured side items

Whole Kernel Corn
Zucchini Sticks & Baby Carrots
Mixed Fruit
Fresh Watermelon



Welcome to the 12Spot!

Here is a place where you can hang out with your friends in an environment that changes throughout the year. Sports, music and seasonal activities are integrated into images creating a relevant and fun atmosphere. The 12 Spot will offer a large variety of favorite foods, with options to create your own meal. The menu will change to reflect traditional seasonal favorites.

- Use our icons to help you select a healthy meal
- We use Low-Sodium Seasonings and No-Added Fats in Production
- Foods with no added trans fats are featured on our menus
- Please contact the manager for questions about allergens

Building a balanced meal:

We offer multiple entree choices each day:

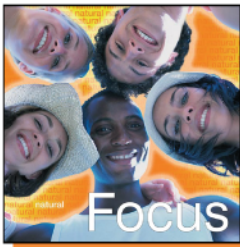
Our featured hot entrée, Specialty Burrito; Daily Pizzeria Entree and a Deli Sandwich and Entrée Salad

+ Take up to 3 sides

Each meal includes: fresh varieties of fruit, a healthful rotation of vegetables and Nutrient-dense whole grain breads, rolls, and desserts

+ Grab a Milk

Varieties include 1% low fat and flavored fat-free



September 2011



Carson City Middle School Lunch

5

Labor Day Holiday

grille _____

pizzeria _____

deli & greens _____

featured side items

6

Beef Ravioli
served w/breadstick

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Ham & Cheese Sub

featured side items
Peas & Carrots
Green Peppers & Broccoli
Applesauce
Fresh Banana

7

Beef and Cheese Enchilada
served w/fiesta rice WG

grille _____

Chicken Patty Sandwich

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chef Salad

featured side items
Whole Kernel Corn
Cucumber Coins & Baby Carrots
Mandarin Oranges in Juice
Fresh Cantaloupe

8

Inside-Out Manicotti
served w/garlic Breadsticks

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Roast Beef Wrap

featured side items
Tator Tots
Celery Sticks & Fresh Spinach
Diced Pears
Orange Wedges

9

Hot Ham & Cheese Sandwich

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken & Fruit Salad

featured side items
Capri Vegetable Blend
Zucchini Sticks & Baby Carrots
Mixed Fruit in Juice
Fresh Banana

12

Poppin Chicken Burrito

grille _____

**Hamburgers
Pizza Burger**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken Caesar Salad WG

featured side items
Tator Tots
Celery Sticks & Baby Carrots
Diced Peaches
Fresh Pears

13

Spaghetti w/ Meat Sauce
served w/breadstick

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Ham & Turkey Sub

featured side items
California Blend
Green Peppers & Broccoli
Applesauce
Fresh Banana

14

Professional Development Day

grille _____

pizzeria _____

deli & greens _____

featured side items

15

Chili Macaroni
served w/Breadstick

grille _____

Chicken Parmesan Melt

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Buffalo Chicken Wrap WG

featured side items
Potato Wedges
Celery Sticks & Fresh Spinach
Diced Pears
Orange Wedges

16

Country Chicken Bowl
served w/dinner roll

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Tuna Salad Platter

featured side items
Green Beans
Zucchini Sticks & Baby Carrots
Mixed Fruit
Fresh Watermelon

19

Mexican Beef & Rice Bowl WG

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chicken Caesar Salad WG

featured side items
Baked French Fries
Celery Sticks & Baby Carrots
Diced Peaches
Fresh Pears

20

Sweet & Sour Chicken
served w/brown rice WG

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Turkey & Cheese Sub

featured side items
Sliced Carrots
Green Peppers & Broccoli
Cinnamon Applesauce
Fresh Banana

21

Beef & Cheese Quesadilla
served w/santa fe rice WG

grille _____

Chicken Patty Sandwich

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Chef Salad

featured side items
Mexicali Corn
Cucumber Coins & Baby Carrots
Mandarin Oranges in Juice
Fresh Cantaloupe

22

Spaghetti w/ Meat Sauce
served w/breadstick

grille _____

Chicken Nuggets

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Honey Chicken Wrap

featured side items
Green Beans
Celery Sticks & Fresh Spinach
Diced Pears
Orange Wedges

23

Chicken Burrito
served w/refried beans

grille _____

**Hamburgers
Cheeseburgers**

pizzeria _____

**Cheese Pizza
Pepperoni Pizza**

deli & greens _____

Tuna Salad Pocket

featured side items
Tator Tots
Zucchini Sticks & Tomatoes
Mixed Fruit
Apple Slices