

**Carmel Unified  
LUNCH**

**May**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Veggie Chili with Beans Moist Cornbread Shredded Cheddar Cheese Tangerine  Meatless Monday	2 Silver Dollar Pancakes Turkey Sausage Links Crispy Tater Tots Syrup Banana	3 Three Cheese Ravioli w/ Home Made Marinara Whole Wheat Soft Roll Locally Sourced Garden Salad Juicy Orange  Lean & Green Wednesday	4 Whole Meat Chicken Nuggets Baked French Fries Home-Style Biscuit Locally Sourced Garden Salad Sweet Juicy Red Plum	5 French Bread Cheese Pizza Crunchy Baby Carrots Crisp Apple Cookie  Veggie Friday
8 Bean & Cheese Burrito Traditional Spanish Rice Locally Sourced Garden Salad Tangerine  Meatless Monday	9 Classic Spaghetti Marinara With House-Made Sauce String Cheese Fresh Baked Bread Stick Locally Sourced Garden Salad Chilled Sliced Peaches	10 Teriyaki Chicken Drumsick Sesame Soft Rotini Noodles Locally Sourced Garden Salad Chilled Pineapple Chunks  Lean & Green Wednesday	11 Hebrew National Hot Dog Whole Wheat Bun Baked Sun Chips Locally Sourced Garden Salad Sweet Juicy Red Plum	12 Whole Wheat Cheese Pizza Crunchy Baby Carrots Crisp Apple Cookie  Veggie Friday
15 Classic Rotini Marinara With House-Made Sauce String Cheese Fresh Baked Bread Stick Locally Sourced Garden Salad Tangerine  Meatless Monday	16 Grass-fed Organic Cheeseburger Whole Wheat Bun Baked Sun Chips Locally Sourced Garden Salad Chilled Sliced Peaches	17 Wacky Mac n Cheese Soft Warm Bread Roll Locally Sourced Garden Salad Juicy Orange  Lean & Green Wednesday	18 Cold Turkey & Cheese on a Flaky Croissant Baked Sun Chips Wacky Mac Pasta Salad Sweet Juicy Red Plum	19 French Bread Cheese Pizza Crunchy Baby Carrots Crisp Apple Cookie  Veggie Friday
22 Bean & Cheese Burrito Traditional Spanish Rice Locally Sourced Garden Salad Tangerine  Meatless Monday	23 Whole Meat Chicken Nuggets Baked French Fries Home-Style Biscuit Locally Sourced Garden Salad Chilled Sliced Peaches	24 Grilled Cheese Sandwich Pickle Spear Wacky Mac Pasta Salad Juicy Orange  Lean & Green Wednesday	25 Hebrew National Hot Dog Whole Wheat Bun Baked Sun Chips Locally Sourced Garden Salad Sweet Juicy Red Plum	26 Whole Wheat Cheese Pizza Crunchy Baby Carrots Crisp Apple Cookie  Veggie Friday
29 Memorial Day	30 Teriyaki Chicken Drumsick Sesame Soft Noodles Locally Sourced Garden Salad Chilled Pineapple Chunks	31 Wacky Mac n Cheese Soft Warm Bread Roll Locally Sourced Garden Salad Juicy Orange  Lean & Green Wednesday	1 Grass-fed Organic Cheeseburger Whole Wheat Bun Baked Sun Chips Locally Sourced Garden Salad Sweet Juicy Red Plum	2 French Bread Cheese Pizza Crunchy Baby Carrots Crisp Apple Cookie  Veggie Friday

**Menu subject to change**

Lunch:

Price: \$4.00 paid, \$.40 reduced, \*\$5.00 Adults

\* Note: For federal programs, Adult meals must be priced at least \$0.50 higher than the full price charged to students, must be charged sales tax, and are not reimbursable.

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at 831-624-4515.

All Meals include  
1% Low-Fat Milk  
or Non-Fat Chocolate Milk