

All meals are free to any child under 18  
with help from Carmel restaurants:

**Save a Restaurant  
Feed a Child!**

# CARMEL UNIFIED MAY 2020

## BREAKFAST AND LUNCH \*\*\* GRAB AND GO MEALS

Items in Blue are  
from:  
**Flaherty's Seafood  
Restaurant**

Monday

Tuesday

Wednesday

Thursday

Friday

**4**  
CEREAL & -GRANOLA BAR  
FRESH MELON/MILK  
PIZZA MY HEART SLICE  
STRAWBERRIES  
CUCUMBERS  
MILK

**5**  
PROTEIN BAR  
FRESH PEAR/MILK  
BBQ CHICKEN LUNCH  
RED BELL PEPPERS  
FRUIT CUP/MILK  
MILK

**6**  
EGG SANDWICH ON BRIOCHE  
ORANGE WEDGES  
MILK  
PIZZA MY HEART SLICE  
FRESH GRAPES  
VEGGIE MIX/MILK

**7**  
KEN'S BAGEL & CREAM CHEESE  
FRESH APPLE SLICES/MILK  
TURKEY & CHEESE SANDWICH  
LETTUCE & TOMATO  
TANGERINE  
CARROTS/MILK

**1**  
CEREAL/ BREAKFAST BAR  
BANANA/ MILK  
CHICKEN EMPANADA  
SALSA CUP  
WG TORTILLA CHIPS  
ORANGES/CARROTS, MILK

**8**  
YOGURT & GRAHAM CRACKERS  
BANANA/MILK  
MACARONI & CHEESE  
CHICKEN FRITTERS  
MIXED VEGETABLES  
GRANNY SMITH APPLE/MILK

**11**  
CHEERIOS-GRANOLA BAR  
BANANA /MILK  
PIZZA MY HEART SLICE  
BROCCOLI & CARROTS  
FRESH FRUIT  
MILK

**12**  
EGG, VEGGIE & SAUSAGE BURRITO  
ORANGE SLICES/MILK  
PASTA W/MEATSAUCE  
ROLL & BUTTER  
ZUCCHINI COINS  
FRESH STRAWBERRIES /MILK

**13**  
WHOLESOME CEREAL.  
BANANA /MILK  
PIZZA MY HEART SLICE  
TANGERINES  
BROCCOLI & RANCH  
MILK

**14**  
HAM EGG AND CHEESE CROISSANT  
SLICED APPLES /MILK  
CHICKEN POT PIE  
BISQUIT  
FRESH PEAR  
MILK

**15**  
FRENCH TOAST/BACON  
KIWI/MILK  
TURKEY & CHEDDAR SANDWICH  
WG CHIPS/ DELICIOUS APPLE  
CARROTS

**18**  
YOGURT & GRANOLA BAR  
FRESH BERRIES  
MILK  
PIZZA MY HEART SLICE  
GRAPES/APPLE  
BROCCOLI & TOMATOES/RANCH

**19**  
EGG & HASHBROWN BOWL  
ROLL & BUTTER  
ORANGE JUICE/MILK  
TURKEY BURGER ON WG BUN  
COLESLAW  
KIWI  
MILK

**20**  
HONEY SCOOTERS CEREAL.  
BANANA/MILK  
PIZZA MY HEART SLICE  
MANDARIN ORANGES  
CUCUMBERS  
MILK

**21**  
BAGEL AND CREAM CHEESE  
APPLESAUCE//MILK  
CHICKEN FETTUCINI  
WITH BROCCOLI  
FRESH ORANGES  
GRAHAM CRACKERS  
MILK

**22**  
BREAKFAST BURRITO  
JUICE/MILK  
TURKEY & CHEDDAR  
SANDWICH  
CARROTS/WG LF CHIPS  
FRESH PEAR/MILK

**25**  
OATMEAL  
RAISINS/CRANBERRIES  
MILK  
HUMMUS MEAL KIT  
AUSTIN CHEESE & CRACKERS  
TANGERINES  
CARROTS, & RANCH/MLK

**26**  
VANILLA YOGURT & TRAIL MIX  
STRAWBERRIES  
MILK  
PIZZA MY HEART SLICE  
FRESH GRAPES  
BROCCOLI  
MILK

**27**  
BAGEL & EGG SANDWICH  
ORANGE .JUICE  
MILK  
FLAHERTY'S DELI SANDWICH  
WITH KEN'S COLESLAW  
NECTARINES/MILK

**28**  
CHEERIOS  
GRAHAM CRACKERS  
BANANA /MILK  
BBQ CHICKEN MEAL KIT  
CHEDDAR CHEESE & CRACKERS  
CARROTS/APPLESAUCE  
MILK

**29**  
STRAWBERRY TOASTER PASTRY  
HARD BOILED EGG  
GRAPEFRUIT/MILK  
CHICKEN CEASAR SALAD  
HAWAIIAN ROLL W/BUTTER  
STRAWBERRIES/MILK

**SATURDAY MEALS:**

**REAKFAST:** WHOLEGRAIN CEREAL, GRAHAMS, FRESH BANANA, MILK  
**LUNCH:** PIZZA MY HEART, DELICIOUS APPLE, BROCCOLI, MILK

**SUNDAY MEALS:**

**BREAKFAST:** RASPBERRY YOGURT & GRANOLA, FRESH PEACH, MILK  
**LUNCH:** PEANUT BUTTER/SUNBUTTER & JAM SANDWICH, ORANGES, CARROTS, MILK

**MONDAY'S BREAKFAST:** CINNAMON TOAST CEREAL, GOLDEN DELICIOUS APPLE, MILK

(\* MENUS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY.)