

Cumberland Middle School

Week of 8/28 to 9/1

Our menus are aligned with the USDA's
"Healthier US School Challenge."



DAILY SPECIALS

MONDAY

Welcome Back!!!!!!

TUESDAY

WEDNESDAY **Chicken Tenders**
Sweet Potato Strings
Roasted Carrots

THURSDAY **Macaroni & Cheese**
Parmesan Green Beans

FRIDAY **Buffalo Chicken Quesadilla**
Carrot & Celery Sticks w/ Dip



Salad Entrees **SP**
Chef Salad w/ Breadstick
Antipasto Salad w/ Breadstick

THIS WEEK'S DAILY SPECIALS

MONDAY **Buffalo Chicken Wrap**
TUESDAY **Chef Salad Wrap**
WEDNESDAY **American Wrap**
THURSDAY **Turkey & Cheese Sub**
FRIDAY **Egg Salad Sandwich**



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES
Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety
Locally Grown items are offered whenever seasonally available
Low Fat or Fat Free Milk included with all meals



EVERYDAY CHOICES
Pepperoni & Cheese **V**
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.
Now offering flatbread pizza.

THIS WEEK'S DAILY SPECIALS

MONDAY **Pepperoni Calzone**
TUESDAY **Margarita Pizza**
WEDNESDAY **Zesty Italian Calzone**
THURSDAY **BBQ Chicken Calzone**
FRIDAY **White Pizza**



EVERYDAY CHOICES
Flame Broiled Beef Patty,
Chicken & Vegetarian Choices **V**

THIS WEEK'S DAILY SPECIALS

MONDAY **BBQ Chicken Sandwich**
TUESDAY **Rib B Que**
WEDNESDAY **Grilled Chicken Sandwich**
THURSDAY **Chicken Parmesan Sandwich**
FRIDAY **Fish Sandwich**



Vegetarian



Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Cumberland Middle School

Week of 9/4 to 9/8

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DAILY SPECIALS

MONDAY	NO SCHOOL LABOR DAY
TUESDAY	Chicken Drumsticks Mashed Potatoes Corn
WEDNESDAY	Taco Pie Garden Side Salad
THURSDAY	Turkey & Gravy Mashed Potatoes Roasted Carrots
FRIDAY	Baked Potato Bar Steamed Broccoli



Salad Entrees **SP**
Taco Salad w/ Chips
Peppi Pizza Salad w/ Breadstick

THIS WEEK'S DAILY SPECIALS

MONDAY	No School
TUESDAY	Crispy Chicken Wrap
WEDNESDAY	Italian Sandwich
THURSDAY	Tuna Salad Bulky
FRIDAY	Asian Chicken Wrap



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Low Fat or Fat Free Milk included with all meals

SP V



EVERYDAY CHOICES **V**
Pepperoni & Cheese
*All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.
Now offering flatbread pizza.*

THIS WEEK'S DAILY SPECIALS

MONDAY	No School V
TUESDAY	Spinach & Mushroom Pizza
WEDNESDAY	BBQ Chicken Pizza
THURSDAY	Pepperoni Calzone
FRIDAY	Sausage Pizza



EVERYDAY CHOICES **V**
Flame Broiled Beef Patty,
Chicken & Vegetarian Choices

THIS WEEK'S DAILY SPECIALS

MONDAY	NO SCHOOL
TUESDAY	Double Dogs
WEDNESDAY	Hot Ham & Cheese
THURSDAY	Buffalo Chicken Sandwich
FRIDAY	Mini Corn Dog



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Cumberland Middle School Week of 9/11 to 9/15

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Salad Entrees

Buffalo Chicken Salad w/ Breadstick
Charlie Tuna Salad w/ Breadstick

THIS WEEK'S DAILY SPECIALS

MONDAY	Bologna & Cheese Sub
TUESDAY	Chicken Caesar Wrap
WEDNESDAY	Roast Beef Bulky
THURSDAY	Avocado Chicken Wrap
FRIDAY	Chicken Salad Sandwich



DAILY SPECIALS

MONDAY	American Chop Suey <i>Sautéed Spinach</i>
TUESDAY	Chicken and Waffles <i>w/ Gravy Fruit Jell-O</i>
WEDNESDAY	Breakfast For Lunch <i>Home Fries Orange Smiles</i>
THURSDAY	Meatloaf w/ Brown Gravy <i>Mashed Sweet Potato Glazed Carrots</i>
FRIDAY	Meatball Sub <i>Roasted Garbanzo Beans</i>



SP V

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Low Fat or Fat Free Milk included with all meals



EVERYDAY CHOICES

Pepperoni & Cheese **V**
*All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.
Now offering flatbread pizza.*

THIS WEEK'S DAILY SPECIALS

MONDAY	Spinach & Pepperoni Calzone
TUESDAY	Taco Pizza
WEDNESDAY	Ham & Cheese Calzone
THURSDAY	Hawaiian Pizza
FRIDAY	Veggie Calzone V



EVERYDAY CHOICES

Flame Broiled Beef Patty,
Chicken & Vegetarian Choices **V**

THIS WEEK'S DAILY SPECIALS

MONDAY	Buffalo Chicken Sandwich
TUESDAY	Bahama Burger
WEDNESDAY	Cheesy Bacon Chicken
THURSDAY	Crispy Chicken Wrap
FRIDAY	Fish Sandwich



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Cumberland Middle School Week of 9/18 to 9/22

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Salad Entrees

Lift Off Spinach Salad w/ Breadstick
Chicken Caesar Salad w/ Breadstick



THIS WEEK'S DAILY SPECIALS

MONDAY	Turkey & Cheese Sub
TUESDAY	Southwest Wrap
WEDNESDAY	American Wrap
THURSDAY	Buffalo Chicken Wrap
FRIDAY	Italian Sub



DAILY SPECIALS

MONDAY	Vegetarian Chili <i>w/ Scoops</i>	V
TUESDAY	Chicken Pot Pie <i>Broccoli</i>	
WEDNESDAY	Pulled Pork Sandwich <i>w/ Baked Beans</i>	
THURSDAY	Chicken Alfredo <i>Broccoli</i>	
FRIDAY	Fish Nuggets <i>Curley Fries</i> <i>Pineapple Coleslaw</i>	



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EVERYDAY CHOICES

Pepperoni & Cheese **V**
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Now offering flatbread pizza.

THIS WEEK'S DAILY SPECIALS

MONDAY	Tomato & Spinach	V
TUESDAY	Buffalo Chicken Pizza	
WEDNESDAY	BBQ Chicken Calzone	
THURSDAY	Ham & Cheese Calzone	
FRIDAY	Supreme Pizza	



EVERYDAY CHOICES

Flame Broiled Beef Patty,
Chicken & Vegetarian Choices **V**

THIS WEEK'S DAILY SPECIALS

MONDAY	Toasted Italian Sub
TUESDAY	Beef Taco Wrap
WEDNESDAY	Chicken Parmesan Sandwich
THURSDAY	Grilled Chicken Sandwich
FRIDAY	Beef Patty Melt



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Cumberland Middle School

Week of 9/25 to 9/29

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Salad Entrees **SP**

Southern BBQ Salad w/ Breadstick
Asian Salad w/ Noodles

THIS WEEK'S DAILY SPECIALS

MONDAY	Buffalo Chicken Wrap	
TUESDAY	Ham & Cheese Sub	
WEDNESDAY	American Wrap	
THURSDAY	Spinach Wrap	V
FRIDAY	Chicken Salad Sandwich	



DAILY SPECIALS

MONDAY	Baked Ziti V <i>Roasted Tuscan Vegetables</i>
TUESDAY	Chicken & Cheese Nachos <i>Black Bean & Corn Salsa</i>
WEDNESDAY	Shepard's Pie <i>Side Caesar Salad</i>
THURSDAY	Orange Chicken <i>Brown Rice</i> <i>Mixed Garden Vegetables</i>
FRIDAY	Fish & Chips <i>Blue Ribbon Coleslaw</i>



SP V

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EVERYDAY CHOICES

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Now offering flatbread pizza.

THIS WEEK'S DAILY SPECIALS

MONDAY	White Cheese Pizza V
TUESDAY	Buffalo Chicken Calzone
WEDNESDAY	Spinach & Mushroom Pizza V
THURSDAY	Steak & Cheese Calzone
FRIDAY	Cheeseburger Pizza



EVERYDAY CHOICES

Flame Broiled Beef Patty, **V**
Chicken & Vegetarian Choices **V**

THIS WEEK'S DAILY SPECIALS

MONDAY	BBQ Turkey Sandwich
TUESDAY	Tuna Melt
WEDNESDAY	Ham, Egg & Cheese Sandwich
THURSDAY	Cajun Burger
FRIDAY	Beef Burrito



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