



# SMART SNACKING

February 2025

Carnahan High School of the Future (9-12)

Lunch

## MONDAY

3

- Create
- **BBQ Chicken TOTchos**
- Hawaiian Roll
- Macaroni and Cheese
- 2Mato
- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Fresh Caesar Salad
- On the Go
- **Turkey Ham & Cheese Wrap**
- Fruit & Vegetable Bar
- Fresh Banana
- Roasted Cinnamon Pineapple
- Lettuce & Tomato Side Salad
- Baby Carrots & Celery Sticks
- Fresh Broccoli Florets
- Create
- **BBQ Chicken TOTchos**
- Hawaiian Roll
- Macaroni and Cheese
- 2Mato
- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad
- On the Go
- **Turkey Ham & Cheese Wrap**
- Fruit & Vegetable Bar
- Fresh Banana
- Roasted Cinnamon Pineapple
- Fresh Carrots
- Fresh Broccoli Florets

## TUESDAY

4

- Sono
- **Fajita Marinated Chicken**
- **Beef Taco Meat**
- Tortilla Chips
- Soft Flour Tortilla
- Seasoned Refried Beans
- Queso Blanco Cheese Sauce
- Creamy Cheddar Cheese Sauce
- Grill
- **Classic Chicken Sandwich**
- **Spicy Chicken Sandwich**
- French Fries
- On the Go
- **Banana Chocolate Smoothie**
- Honey Graham Crackers
- Fruit & Vegetable Bar
- Fresh Orange Wedges
- Cinnamon Diced Peaches
- Spinach & Romaine Salad
- Fresh Green Peppers Strips
- Sliced Cucumbers
- Create
- **Chicken Nachos**
- Salsa
- Seasoned Black Beans
- Corn
- Grill
- **Classic Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries
- On the Go
- **Cheddar/Mozzarella Salad**
- Croutons
- Fruit & Vegetable Bar
- Fresh Orange Wedges
- Cinnamon Diced Peaches
- Fresh Green Peppers Strips
- Corn & Black Bean Salsa

## WEDNESDAY

5

- Create
- **Spaghetti with Italian Meat Sauce**
- Garlic Herb Flatbread
- Seasoned Cauliflower
- 2Mato
- **Classic Cheese Pizza**
- **Hamburger Pizza**
- Fresh Caesar Salad
- On the Go
- **Cheddar/Mozzarella Salad**
- Croutons
- Fruit & Vegetable Bar
- Fresh Banana
- Mixed Melons & Pineapple Salad
- Lettuce & Tomato Side Salad
- Baharat Spiced Chickpeas
- Corn & Pepper Salad
- Create
- **Rotini Tossed in Italian Meat Sauce**
- Garlic Herb Flatbread
- Herbed Cauliflower
- 2Mato
- **Hamburger Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad
- On the Go
- **Turkey Ham & Cheese Wrap**
- Fruit & Vegetable Bar
- Fresh Banana
- Mixed Melons & Pineapple Salad
- Fresh Broccoli Florets
- Corn & Pepper Salad

## THURSDAY

6

- Create
- **Beef Taco Supreme**
- Salsa
- Seasoned Refried Beans
- Shredded Lettuce
- Grill
- **Classic Cheeseburger in Bun**
- **Jumbo Crispy Chicken Tenders**
- **Hawaiian Roll**
- French Fries
- On the Go
- **Turkey Ham & Cheese Wrap**
- Fruit & Vegetable Bar
- Fresh Orange Wedges
- Cinnamon Diced Peaches
- Spinach & Romaine Salad
- Fresh Carrots
- Sliced Cucumbers
- Create
- **Beef Taco Supreme**
- Salsa
- Seasoned Refried Beans
- Shredded Lettuce
- Grill
- **Spicy Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries
- On the Go
- **Strawberry Mango Smoothie**
- Honey Graham Crackers
- Fruit & Vegetable Bar
- Fresh Orange Wedges
- Cinnamon Diced Peaches
- Corn & Black Bean Salsa
- Lettuce & Tomato Side Salad

## FRIDAY

7

- Create
- **Teriyaki Glazed Chicken**
- Brown Rice
- Roasted Broccoli
- 2Mato
- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Spring Mix Salad
- Homemade Italian Dressing
- On the Go
- **Cheddar/Mozzarella Salad**
- Croutons
- Fruit & Vegetable Bar
- Fresh Banana
- Blue Raspberry Lemon Frozen SideKicks
- Lettuce & Tomato Side Salad
- Fresh Broccoli Florets
- Corn & Pepper Salad
- Create
- **Teriyaki Glazed Chicken**
- Brown Fried Rice
- Roasted Broccoli
- 2Mato
- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad
- On the Go
- **Cheddar/Mozzarella Salad**
- Croutons
- Fruit & Vegetable Bar
- Fresh Banana
- Blue Raspberry Lemon Frozen SideKicks
- Fresh Green Peppers Strips
- Corn & Pepper Salad

Create

- **BBQ Chicken Sandwich**
- Hawaiian Roll
- Macaroni and Cheese
- BBQ Baked Beans

2Mato

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Fresh Caesar Salad

On the Go

- **Mediterranean Salad**
- Croutons

Fruit &amp; Vegetable Bar

- Fresh Pear
- Diced Watermelon
- Lettuce & Tomato Side Salad
- Fresh Broccoli Florets
- Corn & Black Bean Salad

Create

- **BBQ Chicken Sandwich**
- Hawaiian Roll
- Macaroni and Cheese
- BBQ Baked Beans

2Mato

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Santa Fe Turkey and Cheddar Wrap**

Fruit &amp; Vegetable Bar

- Fresh Pear
- Diced Watermelon
- Fresh Broccoli Florets
- Sliced Cucumbers

Sono

- **Fajita Marinated Chicken**
- **Beef Taco Meat**
- Tortilla Chips
- Soft Flour Tortilla
- Seasoned Refried Beans
- Queso Blanco Cheese Sauce
- Creamy Cheddar Cheese Sauce

Grill

- **Classic Chicken Sandwich**
- **Spicy Chicken Sandwich**
- French Fries

On the Go

- **Roasted Italian Vegetable Wrap**

Fruit &amp; Vegetable Bar

- Fresh Orange Wedges
- Applesauce
- Spinach & Romaine Salad
- Corn Salad with Ranch
- Carrot & Celery Sticks

Create

- **Chicken & Cheese Quesadilla**

- Seasoned Black Beans
- Salsa

Grill

- **Classic Chicken Sandwich**
- **Classic Cheeseburger in Bun**

- French Fries

On the Go

- **Strawberry Banana Smoothie**

- Honey Graham Crackers

Fruit &amp; Vegetable Bar

- Fresh Orange Wedges
- Applesauce
- Corn & Black Bean Salad
- Fresh Carrots

Create

- **Mashed Potato & Chicken Bowl**
- Hawaiian Roll
- Seasoned Corn

2Mato

- **Classic Cheese Pizza**
- **Hamburger Pizza**
- Fresh Caesar Salad

On the Go

- **Strawberry Banana Smoothie**

Fruit &amp; Vegetable Bar

- Fresh Pear
- Tropical Fruit Cocktail
- Lettuce & Tomato Side Salad
- Corn & Black Bean Salad
- Buttermilk Coleslaw

Create

- **Mashed Potato & Chicken Bowl**

- Hawaiian Roll
- Seasoned Corn

2Mato

- **Hamburger Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Popcorn Chicken Salad**
- **Croutons**

Fruit &amp; Vegetable Bar

- Fresh Pear
- Tropical Fruit Cocktail
- Corn Salad with Ranch
- Confetti Coleslaw

Create

- **Chicken Nachos**
- Shredded Lettuce
- Salsa
- Seasoned Refried Beans

Grill

- **Classic Cheeseburger in Bun**
- **Italian Chicken Parm Sandwich**
- French Fries

On the Go

- **Turkey Chef Salad**
- **Whole Grain Seasoned Croutons**

Fruit &amp; Vegetable Bar

- Fresh Orange Wedges
- Strawberry & Cream Be Mine! Frozen SideKicks Celebrations

- Spinach & Romaine Salad
- Fresh Cherry Tomatoes
- Carrot & Celery Sticks

Create

- **Beef Nachos**

- Shredded Lettuce
- Salsa
- Seasoned Refried Beans

Grill

- **Italian Chicken Parm Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries

On the Go

- **Hummus & Veggie Bento Box**

Fruit &amp; Vegetable Bar

- Fresh Orange Wedges
- Strawberry & Cream Be Mine! Frozen SideKicks Celebrations
- Corn & Black Bean Salad
- Fresh Carrots

Sono

- **Fajita Marinated Chicken**
- **Beef Taco Meat**
- Tortilla Chips
- Soft Flour Tortilla
- Seasoned Refried Beans
- Queso Blanco Cheese Sauce
- Creamy Cheddar Cheese Sauce

Grill

- **Classic Chicken Sandwich**
- **Spicy Chicken Sandwich**
- French Fries

On the Go

- **Strawberry Mango Smoothie**
- Honey Graham Crackers

Fruit &amp; Vegetable Bar

- Chilled Peaches
- Fresh Red and Green Seedless Grapes
- Lettuce & Tomato Side Salad
- Sliced Zucchini
- Corn & Black Bean Salad

Create

- **Chicken Nachos**
- Seasoned Corn
- Salsa
- Shredded Lettuce

Grill

- **Classic Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries

On the Go

- **Pineapple Banana Smoothie**
- Honey Graham Crackers

Fruit &amp; Vegetable Bar

- Chilled Peaches
- Fresh Red and Green Seedless Grapes
- Fresh Broccoli Florets
- Corn & Black Bean Salad

Create

- **Rotini Tossed in Italian Meat Sauce**
- Garlic Herb Flatbread
- Italian Vegetables

2Mato

- **Classic Cheese Pizza**
- **Hamburger Pizza**
- Fresh Caesar Salad

On the Go

- **Turkey BLT Wrap**

Fruit &amp; Vegetable Bar

- Fresh Banana
- Fresh Granny Smith Apple
- Spinach and Strawberry Salad
- Fresh Cauliflower Florets
- Corn & Pepper Salad

Create

- **Rotini Tossed in Italian Meat Sauce**
- Garlic Herb Flatbread
- Italian Vegetables

2Mato

- **Hamburger Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

Grill

- **Turkey BLT Wrap**

Fruit &amp; Vegetable Bar

- Fresh Banana
- Spinach and Strawberry Salad
- Fresh Cauliflower Florets
- Corn & Pepper Salad

Create

- **Beef Taco Supreme**
- Seasoned Black Beans
- Salsa

Grill

- **Classic Cheeseburger in Bun**
- **Jumbo Crispy Chicken Tenders**
- **Hawaiian Roll**
- French Fries

On the Go

- **Pineapple Parfait with Granola**

Fruit &amp; Vegetable Bar

- Chilled Peaches
- Fresh Red and Green Seedless Grapes
- Lettuce & Tomato Side Salad
- Sliced Zucchini
- Corn & Black Bean Salad

Create

- **Beef Taco Supreme**
- Seasoned Black Beans
- Shredded Lettuce
- Salsa

Grill

- **Spicy Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries

On the Go

- **Monterey Chicken Salad**
- **Croutons**

Fruit &amp; Vegetable Bar

- Chilled Peaches
- Fresh Red and Green Seedless Grapes
- Fresh Carrots
- Corn & Black Bean Salad

Create

- **Buttermilk Pancakes**
- Tater Tots
- Strawberry Topping
- Turkey Sausage Patty
- Breakfast Syrup

2Mato

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Spring Mix Salad
- Homemade Italian Dressing

On the Go

- **Cheddar/Mozzarella Salad**
- Croutons

Fruit &amp; Vegetable Bar

- Fresh Granny Smith Apple
- Orange Pineapple & Cherry Swirl
- Spinach and Cranberry Salad
- Lettuce & Tomato Side Salad
- Corn & Pepper Salad

Create

- **Buttermilk Pancakes**
- Tater Tots
- Turkey Sausage Patty
- Breakfast Syrup
- Strawberry Topping

2Mato

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

Grill

- French Fries

On the Go

- **Turkey BLT Wrap**
- Fruit & Vegetable Bar
- Fresh Granny Smith Apple
  - Orange Pineapple & Cherry Swirl
  - Fresh Cauliflower Florets
  - Corn & Pepper Salad

**24**

- Create
- **Hawaiian Meatballs**
  - Brown Rice
  - Seasoned Asian Style Blend Vegetables
- 2Mato
- **Classic Cheese Pizza**
  - **Classic Pepperoni Pizza**
  - Fresh Caesar Salad
- On the Go
- **Southwest Black Bean & Brown Rice**
- Fruit & Vegetable Bar
- Banana with Cinnamon and Sugar
  - Kiwi Slices
  - Spinach and Strawberry Salad
  - Fresh Broccoli Florets
  - Fresh Carrots
- Create
- **Hawaiian Meatballs**
  - Brown Rice
  - Seasoned Asian Style Blend Vegetables
- 2Mato
- **Classic Pepperoni Pizza**
  - **Classic Cheese Pizza**
  - Fresh Caesar Salad
- On the Go
- **Chicken Salsa Wrap**
- Fruit & Vegetable Bar
- Banana with Cinnamon and Sugar
  - Kiwi Slices
  - Fresh Carrot & Broccoli Medley
  - Citrus Chickpea Salad

**25**

- Sono
- **Fajita Marinated Chicken**
  - **Beef Taco Meat**
  - Tortilla Chips
  - Soft Flour Tortilla
  - Seasoned Refried Beans
  - Queso Blanco Cheese Sauce
  - Creamy Cheddar Cheese Sauce
- Grill
- **Classic Chicken Sandwich**
  - **Spicy Chicken Sandwich**
  - French Fries
- On the Go
- **Roasted Italian Vegetable Wrap**
- Fruit & Vegetable Bar
- Fresh Orange Wedges
  - Cinnamon Diced Peaches
  - Lettuce & Tomato Side Salad
  - Sliced Zucchini
  - Corn & Pepper Salad
- Create
- **Soft Beef Whole Grain Taco**
  - Seasoned Black Beans
  - Salsa
  - Shredded Lettuce
- Grill
- **Classic Chicken Sandwich**
  - **Classic Cheeseburger in Bun**
  - French Fries
- On the Go
- **Mediterranean Salad**
- Fruit & Vegetable Bar
- Fresh Orange Wedges
  - Cinnamon Diced Peaches
  - Lettuce & Tomato Side Salad
  - Corn & Black Bean Salad

**26**

- Create
- **Chicken Alfredo Rotini**
  - Garlic Herb Flatbread
  - Roasted Green Beans
- 2Mato
- **Classic Cheese Pizza**
  - **Hamburger Pizza**
  - Fresh Caesar Salad
- On the Go
- **Southwest Black Bean & Brown Rice**
- Fruit & Vegetable Bar
- Fresh Banana
  - Pineapple Tidbits
  - Spinach and Strawberry Salad
  - Fresh Cauliflower Florets
  - Marinated Cool Cucumbers
- Create
- **Chicken Alfredo Rotini**
  - Roasted Green Beans
- 2Mato
- **Hamburger Pizza**
  - **Classic Cheese Pizza**
  - Fresh Caesar Salad
- Grill
- **Southwest Chicken Salad with Cheese**
  - **Whole Grain Seasoned Croutons**
- Fruit & Vegetable Bar
- Fresh Banana
  - Pineapple Tidbits
  - Fresh Cauliflower Florets
  - Marinated Cool Cucumbers

**27**

- Create
- **Chicken Nachos**
  - Seasoned Black Beans
  - Salsa
- Grill
- **Classic Cheeseburger in Bun**
  - **Jumbo Crispy Chicken Tenders**
  - **Hawaiian Roll**
  - French Fries
- On the Go
- **Buffalo Chicken Wrap**
- Fruit & Vegetable Bar
- Fresh Orange Wedges
  - Cinnamon Diced Peaches
  - Lettuce & Tomato Side Salad
  - Fresh Green Peppers Strips
  - Fresh Carrots
- Create
- **Chicken & Cheese Quesadilla**
  - Mexicali Corn
  - Salsa
- Grill
- **Spicy Chicken Sandwich**
  - **Classic Cheeseburger in Bun**
  - French Fries
- On the Go
- **Mango Lassi Smoothie**
  - **Graham Crackers**
- Fruit & Vegetable Bar
- Fresh Orange Wedges
  - Cinnamon Diced Peaches
  - Lettuce & Tomato Side Salad
  - Pea Salad

**28**

- Create
- **Beef Patty**
  - **Beef Gravy**
  - Fresh Baked Whole Grain Biscuit
  - Mashed Potatoes
- 2Mato
- **Classic Cheese Pizza**
  - **Classic Pepperoni Pizza**
  - Spring Mix Salad
  - Homemade Italian Dressing
- On the Go
- **Cheddar/Mozzarella Salad**
- On the Go
- **Cheddar/Mozzarella Salad**
  - Croutons
- Fruit & Vegetable Bar
- Fresh Granny Smith Apple
  - Blue Raspberry Lemon Frozen SideKicks
  - Fresh Broccoli Florets
  - Corn & Pepper Salad
  - Spicy Roasted Garbanzo Beans
- Create
- **Beef Patty**
  - **Beef Gravy**
  - Fresh Baked Whole Grain Biscuit
  - Mashed Potatoes
- 2Mato
- **Classic Pepperoni Pizza**
  - **Classic Cheese Pizza**
  - Fresh Caesar Salad
- Grill
- French Fries
- On the Go
- **Chicken Salsa Wrap**
- Fruit & Vegetable Bar
- Fresh Granny Smith Apple
  - Sunbelievable Frozen SideKicks
  - Corn & Pepper Salad
  - Fresh Carrot & Broccoli Medley

 2/3 Tater Tot Day  2/13 Italian Food Day

**If you have a food allergy, please notify us.** Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

**Adult Meal Prices** Adult Breakfast: \$2.84, Adult Lunch: \$5.29

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

This institution is an equal opportunity provider. Layout & Design © Nutrislice, Inc. Printed on 1/16/2025 at 8:57 am .