

Central Breakfast Menu

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School - Labor Day	4 French Toast Sticks <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	5 Ham, Egg & Cheese Flatbread <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	6 Oatmeal & Brown Sugar <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	7 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
10 Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	11 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	12 Country Chicken English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	13 Cheesy Ham, Egg and Potato Bite Taco <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	14 Strawberry Pineapple Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
17 Denver Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	18 Cheese & Ham Breakfast Roll <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	19 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	20 Pancakes <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	21 Egg & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
24 Cinnamon Raisin Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	25 Apple Orange Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	26 Chef's Chocie <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	27 Blueberry Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	28 Turkey Pancake Wrap <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice

Meal Prices:
 Breakfast: \$1.25 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult
 Lunch: \$2.95 Full Pay, \$0.40 Reduced, \$0.00 Free, \$3.75 Adult

Central Lunch Menu

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School - Labor Day	4 Chicken Parmesan Pasta Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	5 Chili Cheese Baked Potato with WG Roll Salad Bar Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	6 French Toast Sticks & Cheese Omelet Salad Bar Steamed Broccoli, Celery Sticks, Warm Cinnamon Apples, Orange Juice	7 Vegetable Egg Roll & Fried Rice Salad Bar Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice
10 Mac & Cheese w/ Turkey Salad Bar Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	11 Buffalo Chicken Flatbread Salad Bar Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges, Apple Juice	12 Chicken Pot Pie w/ a WG Biscuit Salad Bar Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	13 Chicken Noodle Soup or a Chicken Burger Salad Bar Kickin' Pinto Beans, Baby Carrots, Applesauce, Fruit Juice	14 Chicken Enchiladas with Rice & Corn Salad Salad Bar Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice
17 Chicken Salsa Melt Salad Bar Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice	18 Chicken Etouffee & Rice Salad Bar Steamed Peas & Carrots, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	19 Roast Pork & Gravy with WG Roll Salad Bar Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	20 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice	21 Soft Chicken Tacos with Mexican Spiced Rice Salad Bar Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice
24 Oven Roasted Chicken Drumstick with WG Roll Salad Bar Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	25 Vegetarian Chili Mac w/ WG Dinner Roll Salad Bar Roasted Carrots, Jicama Sticks, Fresh Orange Wedges, Apple Juice	26 Chef's Choice Salad Bar Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	27 Sweet & Sour Chicken with Fried Rice Salad Bar Kickin' Pintos, Baby Carrots Watermelon, Fruit Juice	28 Chipotle BBQ Chicken Artisan Pizza Salad Bar Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice

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 Lunch: \$2.85 Full Pay, \$0.40 Reduced, \$0.00 Free, \$3.75 Adult