

Central Breakfast Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School Happy New Year!	2 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Fruit Juice	3 Pancakes <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	4 Egg & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice
7 Cinnamon Raisin Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	8 Apple Orange Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice	9 Late Start Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Fruit Juice	10 Blueberry Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	11 Turkey Pancake Wrap <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice
14 Cinnamon Rolls <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	15 Spanish Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice	16 Grilled Ham and Cheese Sandwich <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Fruit Juice	17 Cheese & Sausage Quesadilla <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	18 Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice
21 No School	22 French Toast Sticks <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice	23 Late Start Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Fruit Juice	24 Oatmeal & Brown Sugar <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	25 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice
28 Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	29 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Orange Juice	30 Country Chicken English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Fruit Juice	31 Cheesy Ham, Egg and Potato Bite Taco <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and Apple Juice	

Meal Prices:

Breakfast: \$1.15 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult

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

Milk: 1% White and Skim White are offered daily at Breakfast!

Central Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School Happy New Year!	2 Roast Pork & Gravy with WG Roll Salad Bar Mashed Potatoes, Fresh Zucchini, Fresh Banana, Or-	3 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice	4 Soft Chicken Tacos with Mexican Spiced Rice Salad Bar Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice
7 Oven Roasted Chicken Drumstick with WG Roll Salad Bar Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	8 Vegetarian Chili Mac w/ WG Dinner Roll Salad Bar Roasted Carrots, Jicama Sticks, Fresh Orange Wedges, Apple Juice	9 Late Start Country Chicken Nugget Bowl & Whole Grain Roll Salad Bar Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	10 Sweet & Sour Chicken with Fried Rice Salad Bar Kickin' Pintos, Baby Carrots, Blueberries, Fruit Juice	11 Chipotle BBQ Chicken Artisan Pizza Salad Bar Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice
14 Chicken Tenders w/ Pretzel Rod Salad Bar Steamed Corn, Broccoli Florets, Fresh Apple, Fruit Juice	15 Chicken Sandwich with Ginger Teriyaki Vegetables Salad Bar Stir-Fry Vegetables, Red Pepper Strips, Fresh Orange, Apple Juice	16 White Cheese, Sausage & Herb Flatbread Pizza Salad Bar Roasted Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	17 Breaded Fish Melt Salad Bar Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice	18 Chef's Choice Salad Bar Collard Greens, Cucumber Tomato Salad, Fresh Pear, Apple Juice
21 No School	22 Chicken Parmesan Pasta Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	23 Late Start Chef's Choice Salad Bar Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	24 French Toast Sticks & Cheese Omelet Salad Bar Steamed Broccoli, Celery Sticks, Warm Cinnamon Apples, Fruit Juice	25 Vegetable Egg Roll & Fried Rice Salad Bar Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice
28 Mac & Cheese w/ Ham Salad Bar Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	29 Buffalo Chicken Flatbread Salad Bar Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges, Apple Juice	30 Chicken Pot Pie w/ a WG Biscuit Salad Bar Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	31 Chicken Noodle Soup or a Chicken Burger Salad Bar Kickin' Pinto Beans, Baby Carrots, Applesauce, Fruit Juice	

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Milk: 1% White, Skim White, and Skim Chocolate are offered daily at lunch!