

Central Breakfast Menu

March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  <p>March 4th – March 8th</p> | | | | 1 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice |
| 4 NSBW 2019 Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 5 NSBW 2019 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice | 6 NSBW 2019 Country Chicken English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice | 7 NSBW 2019 Cheesy Ham, Egg and Potato Bite Taco <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 8 NSBW 2019 Strawberry Pineapple Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice |
| 11 Denver Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 12 Cheese & Ham Breakfast Roll <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice | 13 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice | 14 Pancakes <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 15 Egg & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice |
| 18 Cinnamon Raisin Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 19 Apple Orange Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice | 20 Sausage & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice | 21 Blueberry Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice | 22 No School Spring Break! |
| 25 No School Spring Break! | 26 No School Spring Break! | 27 No School Spring Break! | 28 No School Spring Break! | 29 No School Spring Break! |

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

March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | | | 1 Vegetable Egg Roll & Fried Rice Salad Bar Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice |
| 4 Mac & Cheese w/ Ham Salad Bar Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice | 5 Buffalo Chicken Flatbread Salad Bar Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges, Apple Juice | 6 Chicken Pot Pie w/ a WG Biscuit Salad Bar Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice | 7 Chicken Noodle Soup or a Chicken Burger Salad Bar Kickin' Pinto Beans, Baby Carrots, Applesauce, Fruit Juice | 8 Chicken Enchiladas with Rice & Corn Salad Salad Bar Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice |
| 11 Chicken Salsa Melt Salad Bar Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice | 12 Chicken Etouffee & Rice Salad Bar Steamed Peas, Red Pepper Strips, Fresh Orange Wedges, Apple Juice | 13 Roast Pork & Gravy with WG Roll Salad Bar Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice | 14 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice | 15 Soft Chicken Tacos with Mexican Spiced Rice Salad Bar Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice |
| 18 Oven Roasted Chicken Drumstick with WG Roll Salad Bar Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice | 19 Jerk Chicken and Cheese Flatbread Salad Bar Roasted Carrots, Jicama Sticks, Fresh Orange Wedges, Apple Juice | 20 Country Chicken Nugget Bowl & Whole Grain Roll Salad Bar Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice | 21 Chef's Choice Salad Bar Kickin' Pintos, Baby Carrots, Blueberries, Fruit Juice | 22 No School Spring Break! |
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Milk: 1% White, Skim White, and Skim Chocolate are offered daily at lunch!