

Central Breakfast Menu

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Ham and Cheese Sandwich <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	2 Cheese & Sausage Quesadilla <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	3 Country Biscuit & Gravy <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
6 Cheesy Sausage & Egg Burrito <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	7 French Toast Sticks <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	8 Late Start Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	9 Oatmeal & Brown Sugar <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	10 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
13 Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	14 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	15 Country Chicken English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	16 Cheesy Ham, Egg and Potato Bite Taco <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	17 Strawberry Pineapple Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
20 Denver Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	21 Cheese & Ham Breakfast Roll <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	22 Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	23 Pancakes <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	24 Chef's Choice <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
27 No School Memorial Day!	28 Apple Orange Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	29 Sausage & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	30 Blueberry Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	31 Turkey Pancake Wrap <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange 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

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 White Cheese, Sausage & Herb Flatbread Pizza Salad Bar Roasted Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	2 BBQ Riblet Sandwich Salad Bar Baked Beans, Celery Sticks, Pineapple Tidbits	3 Spaghetti Carbonara w/ Chicken & Bacon Salad Bar Steamed Broccoli, Cucumber Tomato Salad, Fresh Pear, Apple Juice
6 Turkey & Gravy with Traditional Stuffing Salad Bar Mashed Potatoes, Fresh Broccoli, Fresh Apple, Fruit Juice	7 Chicken Parmesan Pasta Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges,	8 Late Start Chili Cheese Baked Potato with WG Roll Salad Bar Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	9 French Toast Sticks & Cheese Omelet Salad Bar Steamed Broccoli, Celery Sticks, Warm Cinnamon Apples	10 Vegetable Egg Roll & Fried Rice Salad Bar Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice
13 Mac & Cheese w/ Ham Salad Bar Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	14 Buffalo Chicken Flatbread Salad Bar Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges,	15 Chicken Pot Pie w/ a WG Biscuit Salad Bar Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	16 Chicken Noodle Soup or a Chicken Burger Salad Bar Kickin' Pinto Beans, Baby Carrots, Applesauce	17 Chicken Enchiladas with Rice & Corn Salad Salad Bar Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice
20 Chicken Salsa Melt Salad Bar Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice	21 Chicken Etouffee & Rice Salad Bar Steamed Peas, Red Pepper Strips, Fresh Orange Wedges,	22 Chef's Choice Salad Bar Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	23 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Celery Sticks, Fresh Grapes	24 Chef's Choice Salad Bar Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice
27 No School Memorial Day	28 Jerk Chicken and Cheese Flatbread Salad Bar Roasted Carrots, Jicama Sticks, Fresh Orange Wedges	29 Country Chicken Nugget Bowl & Whole Grain Roll Salad Bar Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	30 Sweet & Sour Chicken with Fried Rice Salad Bar Kickin' Pintos, Baby Carrots Blueberries,	31 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

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