

# Central Breakfast Menu

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Blueberry Waffles</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>2</b> <b>Turkey Pancake Wrap</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice
<b>5</b> <b>Cinnamon Rolls</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>6</b> <b>Spanish Frittata</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice	<b>7</b> <b>Grilled Ham and Cheese Sandwich</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Fruit Juice	<b>8</b> <b>Cheese &amp; Sausage Quesadilla</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>9</b> <b>Country Biscuit &amp; Gravy</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice
<b>12</b> <b>Cheesy Sausage &amp; Egg Burrito</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>13</b> <b>French Toast Sticks</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice	<b>14</b> <b>Late Start Chef's Choice</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Fruit Juice	<b>15</b> <b>Oatmeal &amp; Brown Sugar</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>16</b> <b>Blueberry Muffin Square</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice
<b>19</b> <b>Waffles</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>20</b> <b>Chef's Choice</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice	<b>21</b> <b>No School—Happy Thanksgiving</b>	<b>22</b> <b>No School—Happy Thanksgiving</b>	<b>23</b> <b>No School—Happy Thanksgiving</b>
<b>26</b> <b>Denver Frittata</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>27</b> <b>Cheese &amp; Ham Breakfast Roll</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Orange Juice	<b>28</b> <b>Apple Cinnamon Muffin Square</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Fruit Juice	<b>29</b> <b>Pancakes</b> <i>Hard Boiled Egg, Toast, &amp; Cereal Choices</i> Fruit Choices and 100% Apple Juice	<b>30</b> <b>Egg &amp; Cheese English Muffin</b> <i>Hard Boiled Egg, Toast, &amp; 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

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Sweet &amp; Sour Chicken with Fried Rice</b> <b>Salad Bar</b> Kickin' Pintos, Baby Carrots, Blueberries, Fruit Juice	<b>2</b> <b>Chipotle BBQ Chicken Artisan Pizza</b> <b>Salad Bar</b> Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice
<b>5</b> <b>Chicken Tenders w/ Pretzel Rod</b> <b>Salad Bar</b> Steamed Corn, Broccoli Florets, Fresh Apple, Fruit Juice	<b>6</b> <b>Chicken Sandwich with Ginger Teriyaki Vegetables</b> <b>Salad Bar</b> Stir-Fry Vegetables, Red Pepper Strips, Fresh Orange, Apple Juice	<b>7</b> <b>White Cheese, Sausage &amp; Herb Flatbread Pizza</b> <b>Salad Bar</b> Roasted Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	<b>8</b> <b>Breaded Fish Melt</b> <b>Salad Bar</b> Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice	<b>9</b> <b>Spaghetti Carbonara w/ Chicken &amp; Bacon</b> <b>Salad Bar</b> Collard Greens, Cucumber Tomato Salad, Fresh Pear, Apple Juice
<b>12</b> <b>Turkey &amp; Gravy with Traditional Stuffing</b> <b>Salad Bar</b> Mashed Potatoes, Fresh Broccoli, Fresh Apple, Fruit Juice	<b>13</b> <b>Chicken Parmesan Pasta</b> <b>Salad Bar</b> Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	<b>14</b> <b>Late Start</b> <b>Chili Cheese Baked Potato with WG Roll</b> <b>Salad Bar</b> Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	<b>15</b> <b>French Toast Sticks &amp; Cheese Omelet</b> <b>Salad Bar</b> Steamed Broccoli, Celery Sticks, Warm Cinnamon Apples, Fruit Juice	<b>16</b> <b>Vegetable Egg Roll &amp; Fried Rice</b> <b>Salad Bar</b> Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice
<b>19</b> <b>Mac &amp; Cheese w/ Ham</b> <b>Salad Bar</b> Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	<b>20</b> <b>Chef's Choice</b> <b>Salad Bar</b> Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges, Apple Juice	<b>21</b> <b>No School—</b> <b>Happy Thanksgiving</b>	<b>22</b> <b>No School—</b> <b>Happy Thanksgiving</b>	<b>23</b> <b>No School—</b> <b>Happy Thanksgiving</b>
<b>26</b> <b>Chicken Salsa Melt</b> <b>Salad Bar</b> Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice	<b>27</b> <b>Chicken Etouffee &amp; Rice</b> <b>Salad Bar</b> Steamed Peas, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	<b>28</b> <b>Roast Pork &amp; Gravy with WG Roll</b> <b>Salad Bar</b> Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	<b>29</b> <b>Vegetable Pesto, Cheese, or Pepperoni Pizza</b> <b>Salad Bar</b> Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice	<b>30</b> <b>Soft Chicken Tacos with Mexican Spiced Rice</b> <b>Salad Bar</b> Steamed Broccoli, Three Bean Salad, Mandarin Oranges, 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