

Central Breakfast Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Rolls <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	2 Spanish Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	3 Grilled Ham and Cheese Sandwich <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	4 Cheese & Sausage Quesadilla <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	5 Country Biscuit & Gravy <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
8 Cheesy Sausage & Egg Burrito <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	9 French Toast Sticks <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	10 Late Start Ham, Egg & Cheese Flatbread <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	11 Oatmeal & Brown Sugar <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	12 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
15 Waffles <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	16 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	17 Country Chicken English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	18 Cheesy Ham, Egg and Potato Bite Taco <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	19 Strawberry Pineapple Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice
22 Denver Frittata <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	23 Cheese & Ham Breakfast Roll <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	24 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit Juice	25 No School	26 No School
29 Cinnamon Raisin Bagel <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Apple Juice	30 Apple Orange Smoothie & Elf Grahams <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Orange Juice	31 Sausage & Cheese English Muffin <i>Hard Boiled Egg, Toast, & Cereal Choices</i> Fruit Choices and 100% Fruit 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

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders w/ Pretzel Rod Salad Bar Steamed Corn, Broccoli Florets, Fresh Apple, Fruit Juice	2 Chicken Sandwich with Ginger Teriyaki Vegetables Salad Bar Stir-Fry Vegetables, Red Pepper Strips, Fresh Orange, Apple Juice	3 White Cheese, Sausage & Herb Flatbread Pizza Salad Bar Roasted Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	4 Breaded Fish Melt Salad Bar Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice	5 Spaghetti Carbonara w/ Chicken & Bacon Salad Bar Collard Greens, Cucumber Tomato Salad, Fresh Pear, Apple Juice
8 Turkey & Gravy with Traditional Stuffing Salad Bar Mashed Potatoes, Fresh Broccoli, Fresh Apple, Fruit Juice	9 Chicken Parmesan Pasta Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	10 Late Start Chili Cheese Baked Potato with WG Roll Salad Bar Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	11 French Toast Sticks & Cheese Omelet Salad Bar Steamed Broccoli, Celery Sticks, Warm Cinnamon Apples, Fruit Juice	12 Vegetable Egg Roll & Fried Rice Salad Bar Bakes Beans, Baby Carrots, Diced Strawberries, Apple Juice
15 Mac & Cheese w/ Ham Salad Bar Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	16 Buffalo Chicken Flatbread Salad Bar Steamed Squash, Sliced Cucumbers, Fresh Orange Wedges, Apple Juice	17 Chicken Pot Pie w/ a WG Biscuit Salad Bar Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	18 Chicken Noodle Soup or a Chicken Burger Salad Bar Kickin' Pinto Beans, Baby Carrots, Applesauce, Fruit Juice	19 Chicken Enchiladas with Rice & Corn Salad Salad Bar Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice
22 Chicken Salsa Melt Salad Bar Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice	23 Chicken Etouffee & Rice Salad Bar Steamed Peas & Carrots, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	24 Roast Pork & Gravy with WG Roll Salad Bar Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	25 No School	26 No School
29 Oven Roasted Chicken Drumstick with WG Roll Salad Bar Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	30 Vegetarian Chili Mac w/ WG Dinner Roll Salad Bar Roasted Carrots, Jicama Sticks, Fresh Orange Wedges, Apple Juice	31 Teriyaki Chicken Sandwich Salad Bar Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice		

Meal Prices:

Breakfast: \$1.25 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