

Central Breakfast Menu

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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4 No School - Labor Day	5 Bacon & Egg Muffin Sandwich <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	6 Ham, Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	7 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	8 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
11 Ham, Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	12 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	13 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	14 Cheesy Egg Breakfast Burger <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	15 Egg, Bacon & Cheddar Flatbread <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
18 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	19 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	20 Egg & Cheese Muffin Sandwich <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	21 Cheesy Egg Breakfast Burger <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	22 Grilled Ham & Cheese <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
25 Cinnamon Raisin Bagel & Cream Cheese <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	26 Sausage & Cheese Quesadilla <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	27 Sausage & Cheese Biscuit <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	28 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	29 Cheesy Egg Biscuit <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice

Meal Prices:

Breakfast: \$1.15 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

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 No School	5 Whole Grain Rotini & Italian Sauce with Chicken Salad Bar Green Beans, Garden Salad, Fresh Orange Wedges, Apple Juice	6 Broccoli & Cheese Baked Potato with WG Roll Salad Bar Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice	7 Buffalo Chicken Artisan Flatbread Pizza Salad Bar Baked Beans, Garden Salad, Fresh Apple, Orange Juice	8 Chicken Sandwich on WG Bun with Chx Noodle Soup Salad Bar Steamed Broccoli, Garden Salad, Fresh Apple, Fruit Juice
11 Soft Chicken Tacos with Mexican Spiced Rice Salad Bar Steamed Peas, Garden Salad, Fresh Apple, Fruit Juice	12 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Garden Salad, Fresh Orange Wedges, Apple Juice	13 Baked Whole Grain Macaroni & Cheese Salad Bar Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice	14 Chicken Enchiladas with Rice & Corn Salad Salad Bar Campfire Chipotle Beans, Garden Salad, Fresh Pear, Orange Juice	15 Breaded Fish Melt on Whole Grain Bun Salad Bar Red Pepper Strips, Garden Salad, Fresh Apple, Dragon Punch Juice
18 White Cheese, Sausage & Herb Artisan Flatbread Salad Bar Sweet Golden Corn, Garden Salad, Fresh Apple, Fruit Juice	19 Chicken Burger or Veggie Burger on WG Bun Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	20 Roasted Veggie Sub or Ham & Cheese Sub Salad Bar Mashed Potatoes, Garden Salad, Fresh Banana, Grape Juice	21 Spaghetti Carbonara with Peas, Bacon & Chicken Salad Bar Baked Beans, Garden Salad, Blueberries, Orange Juice	22 Chana Masala with Yellow Rice Salad Bar Steamed Broccoli, Garden Salad, Fresh Apple, Fruit Juice
25 Vegetarian Bean Chili with Whole Grain Roll Salad Bar Mixed Veggies, Cherry Tomatoes, Fresh Apple, Fruit Juice	26 Chipotle BBQ Chicken Flatbread Salad Bar Steamed Carrots, Jicama Sticks, Fresh Orange Wedges, Apple Juice	27 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Potato Wedges, Garden Salad, Fresh Banana, Grape Juice	28 Roast Turkey & Gravy with Whole Grain Roll Salad Bar Mashed Potatoes, Kickin' Pintos, Cantaloupe, Orange Juice	29 French Toast Sticks & Cheese Frittata Salad Bar Steamed Broccoli, Garden Salad, Fresh Apple, Fruit Juice

Meal Prices:

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