

Central Breakfast Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Glazed Cinnamon Roll <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Diced Pears, 100% Orange Juice	3 Cheesy Egg Breakfast Burger <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	4 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	5 Cheese & Chicken Ham Breakfast Roll <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	6 Cheesy Ham Biscuit <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
9 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	10 Bacon & Egg Muffin Sandwich <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	11 Ham, Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	12 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	13 Blueberry Muffin Square <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
16 Ham, Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	17 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	18 Egg & Cheese Bagel <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	19 Cheesy Egg Breakfast Burger <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Banana, Raisins, 100% Orange Juice	20 Egg, Bacon & Cheddar Flatbread <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Diced Peaches, 100% Apple Juice
23 Apple Cinnamon Muffin Square <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	24 Oatmeal & Toast <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 100% Apple Juice	25 Chef's Choice <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Apple, Applesauce, 100% Fruit Juice	26 No School	27 No School
30 Cinnamon Raisin Bagel & Cream Cheese <i>Hard Boiled Egg, Toast, Cereal Choices</i> Apple, Diced Pears, 100% Orange Juice	31 Sausage & Cheese Quesadilla <i>Hard Boiled Egg, Toast, Cereal Choices</i> Fresh Orange, Mixed Fruit 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

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable, Cheese, or Pepperoni Pizza Salad Bar Warm Cinnamon Apples, Garden Salad, Broccoli Florets, Wango Mango	3 Chicken Burger or Veggie Burger Salad Bar Potato Wedges or Sweet Potato Fries, Garden Salad, Fresh Banana, Apple Juice	4 Chicken Pot Pie with Whole Grain Biscuit Salad Bar Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	5 Chicken Fajitas in Whole Grain Tortilla Salad Bar Chipotle BBQ Black Beans, Garden Salad, Fresh Orange Wedges, Orange Juice	6 Sweet & Sour Chicken with Vegetarian "Fried" Rice Salad Bar Steamed Broccoli, Garden Salad, Fresh Apple, Fruit Juice
9 Oven Roasted Chicken Drumstick with WG Roll Salad Bar Mashed Potatoes, Garden Salad, Fresh Apple, Fruit Juice	10 Whole Grain Rotini & Italian Sauce with Chicken Salad Bar Green Beans, Garden Salad, Fresh Orange Wedges, Apple Juice	11 Broccoli & Cheese Baked Potato with WG Roll Salad Bar Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice	12 Buffalo Chicken Artisan Flatbread Pizza Salad Bar Baked Beans, Garden Salad, Fresh Apple, Orange Juice	13 Chicken Sandwich on WG Bun with Chx Noodle Soup Salad Bar Steamed Broccoli, Garden Salad, Fresh Apple, Fruit Juice
16 Soft Chicken Tacos with Mexican Spiced Rice Salad Bar Steamed Peas, Garden Salad, Fresh Apple, Fruit Juice	17 Vegetable Pesto, Cheese, or Pepperoni Pizza Salad Bar Green Beans, Garden Salad, Fresh Orange Wedges, Apple Juice	18 Baked Whole Grain Macaroni & Cheese Salad Bar Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice	19 Chicken Enchiladas with Rice & Corn Salad Salad Bar Campfire Chipotle Beans, Garden Salad, Fresh Pear, Orange Juice	20 Breaded Fish Melt on Whole Grain Bun Salad Bar Red Pepper Strips, Garden Salad, Fresh Apple, Dragon Punch Juice
23 White Cheese, Sausage & Herb Artisan Flatbread Salad Bar Sweet Golden Corn, Garden Salad, Fresh Apple, Fruit Juice	24 Chicken Burger or Veggie Burger on WG Bun Salad Bar Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	25 Chef's Choice Salad Bar Mashed Potatoes, Garden Salad, Fresh Banana, Grape Juice	26 No School	27 No School
30 Vegetarian Bean Chili with Whole Grain Roll Salad Bar Mixed Veggies, Cherry Tomatoes, Fresh Apple, Fruit Juice	31 Chipotle BBQ Chicken Flatbread Salad Bar Steamed Carrots, Jicama Sticks, Fresh Orange Wedges, 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