

CENTRAL HIGH SCHOOL MENU

OCTOBER

2021

Mon	Tue	Wed	Thu	Fri
All bread products, rice, pasta, wraps, breaded products, crackers, and chips are whole grain	*National School Lunch Week October 11-15* <i>Receive a free snack when you get your school lunch this week!</i>	*Some menu items are due to change. If a change is made, it will be let known by morning announcements***		1 Max Stix w/ marinara Sweet potato fries Green peas Applesauce or fresh fruit Milk Ketchup Mayonnaise
4 Bacon Cheeseburger Baked beans Corn Pineapple tidbits or fresh fruit Milk Ketchup Mayonnaise	5 Chicken fajita wrap Shredded cheddar cheese Fiesta black beans Steamed broccoli Diced peaches or fresh fruit Milk Ketchup, mayonnaise Salsa, sour cream	6 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup, mayonnaise Salsa, sour cream, hot sauce	7 Philly cheese steak Curly fries Steamed vegetable medley Diced peaches or fresh fruit Milk Ketchup, mustard Mayonnaise	8 Cheese pizza Collard greens Baby carrots Applesauce or fresh fruit Milk Ketchup Mayonnaise
11 Pizza or Chicken nachos Shredded cheddar cheese Lettuce and diced tomatoes Baby carrots Fiesta black beans Mandarin oranges or fresh fruit Milk Ketchup, mayonnaise Salsa, sour cream, hot sauce	12 General Tso Chicken Vegetable stir-fry rice Steamed broccoli Green Peas Pineapple tidbits or fresh fruit Milk Ketchup Mayonnaise	13 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup, mayonnaise Salsa, sour cream, hot sauce	14 Meatball sub Collard Greens Curly fries Mixed fruit or fresh fruit Milk Ketchup Mayonnaise	15 Meat Lovers pizza Sweet potato fries Green peas Applesauce or fresh fruit Milk Ketchup Mayonnaise
18 'Breakfast for lunch' Sausage patties French toast sticks Potato tots Green beans Baked apples or fresh fruit Milk Syrup, ketchup	19 Spicy chicken fillet sandwich Broccoli and cheese Curly fries Diced peaches or fresh fruit Milk Ketchup Mayonnaise	20 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup, mayonnaise Salsa, sour cream, hot sauce	21 BBQ pork rib patty sandwich Baked beans Coleslaw Diced peaches or fresh fruit Milk Ketchup Mayonnaise	22 Pepperoni pizza Mixed vegetables Sweet potato fries Applesauce or fresh fruit Milk Ketchup Mayonnaise
25 Teriyaki Chicken Vegetable stir-fry rice Steamed Broccoli Green Peas Pineapple tidbits or fresh fruit Milk	26 Mac & cheese w/ hotdog on bun Green beans Steamed vegetable medley Diced peaches or fresh fruit Milk Ketchup, mustard	27 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit	28 Meatballs with marinara sauce Garlic Knots Glazed carrots Collard greens Mandarin oranges or fresh fruit Milk	29 Max Stix w/ marinara Potato tots Mixed vegetables Applesauce or fresh fruit Milk Ketchup

Ketchup Mayonnaise	Mayonnaise	Milk Ketchup, mayonnaise Salsa, sour cream, hot sauce	Ketchup Mayonnaise	Mayonnaise
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ALTERNATIVE LUNCH ENTREES

SERVED DAILY:

CRISPY CHICKEN SANDWICH, A CHOICE OF TWO VEGETABLES, AND FRESH FRUIT OR FRUIT CUP.
 ANYTIMERS TURKEY AND CHEESE LUNCHABLE, A CHOICE OF TWO VEGETABLES, AND FRESH FRUIT OR FRUIT CUP
 PB&J WITH CHEESESTICK & FISH CRACKERS, A CHOICE OF TWO VEGETABLES, AND FRESH FRUIT OR FRUIT CUP.

SERVED TUESDAY THROUGH FRIDAY:

CHEF SALAD WITH CROUTONS, A CHOICE OF ONE VEGETABLE, FRESH FRUIT OR FRUIT CUP, AND A CHOICE OF SALAD DRESSING.

SERVED MONDAY THROUGH THURSDAY:

FRESH BABY CARROTS WITH RANCH DIP

BREAKFAST OFFERED DAILY

PB&J Snack Pack (PB&J, Cheez-It crackers, and cheesestick)

Sausage or Bacon & egg croissant

Chicken biscuit

Breakfast pizza

French toast sticks w/ syrup

Yogurt w/ granola

Mini chocolate donuts

Assorted fresh fruit and fruit cups, fruit juice, 1% unflavored milk, and fat-free chocolate milk are offered with all breakfast entrees.

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