




CENTRAL HIGH SCHOOL MENU

NOVEMBER 2021



Mon	Tue	Wed	Thu	Fri
1 Bacon Cheeseburger Baked beans Steamed broccoli Pineapple tidbits or fresh fruit Milk Ketchup, mustard Mayonnaise	2 SCHOOL CLOSED	3 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup Salsa, sour cream, hot sauce	4 Philly cheese steak Curly fries Steamed vegetable medley Diced peaches or fresh fruit Milk Ketchup, mustard Mayonnaise	5 Max Stix w/ marinara Sweet potato fries Green peas Applesauce or fresh fruit Milk Ketchup
8 'Breakfast for lunch' Sausage patties French toast sticks Potato tots Green beans Baked apples or fresh fruit Milk Syrup, ketchup	9 General Tso Chicken Vegetable stir-fry rice Steamed broccoli Green Beans Mandarin oranges or fresh fruit Milk Ketchup	10 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup Salsa, sour cream, hot sauce	11 Meatball sub Collard Greens Curly fries Mixed fruit or fresh fruit Milk Ketchup	12 Cheese pizza Green peas Glazed carrots Applesauce or fresh fruit Milk Ketchup
15 Teriyaki Chicken Vegetable stir-fry rice Steamed Broccoli Green Peas Pineapple tidbits or fresh fruit Milk Ketchup Mayonnaise	16 Spicy chicken fillet sandwich Broccoli and cheese Mixed vegetables Diced peaches or fresh fruit Milk Ketchup Mayonnaise	17 Loaded nachos with Shredded cheddar cheese Lettuce, diced tomatoes Salsa, sour cream Corn Potato wedges Applesauce or fresh fruit Milk Ketchup Salsa, sour cream, hot sauce	18 BBQ pork rib patty sandwich Baked beans Coleslaw Diced pears or fresh fruit Milk Ketchup	19 Meat Lovers pizza Sweet potato fries Green peas Applesauce or fresh fruit Milk Ketchup
22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25  <small>#182890015</small>	26 SCHOOL CLOSED
29 Meatballs with marinara sauce Garlic Knots Glazed carrots Collard greens Mandarin oranges or fresh fruit Milk Ketchup	30 Mac & cheese w/ hotdog on bun Green beans Mixed vegetables Diced pears or fresh fruit Milk Ketchup, mustard		**All bread products, rice, pasta, wraps, breaded products, crackers, and chips are whole grain	***Some menu items are subject to change. If a change is made, it will be let known by morning announcements***

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

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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