



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF OCTOBER

### Week of Oct 1 - 5

- Mon – Breakfast: Cereal, Breakfast Pizza, Fruit  
Lunch: Steak Sandwich, Potato Wedges, Fruit
- Tues – Breakfast: Hashbrown Patty, Biscuit, Gravy, Cereal, Fruit  
Lunch: Taco Salad, Chili Beans, Salsa, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Cereal, Fruit  
Lunch: Beef & Noodles, Salad, Green Beans, Bread, Fruit
- Thurs– Breakfast: Muffins, Cereal, Fruit  
Lunch: Toasted Cheese Sandwich, Tomato Soup, Veggie Sticks, Fruit
- Fri – Breakfast: Scrambled Eggs, Bacon, Toast, Cereal, Fruit  
Lunch: Chicken Sandwich, French Fries, Pickles, Fruit

### Week of October 8 - 12

- Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Chicken Fajitas, Chili Beans, Salsa, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit  
Lunch: Pizza, Corn, Broccoli, Fruit
- Wed – Breakfast: Pancakes, Syrup, Peanut Butter, Cereal, Fruit  
Lunch: Salisbury Steak, Mashed Potatoes, English Peas, Bread, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Hot Dog, Chili, Tator Tots, Pickle Spears, Fruit
- Fri – Breakfast: Breakfast Burrito, Cereal, Fruit  
Lunch: Hamburger, French Fries, Pickles, Fruit

### Week of October 15-19

- Mon – Breakfast, Breakfast Pizza, Cereal, Toast, Fruit  
Lunch: Burrito, Salsa, Spanish Rice, Corn, Fruit
- Tues – Breakfast: Hashbrown, Biscuit, Gravy, Cereal, Fruit  
Lunch: Frito Pie, Breadsticks, Tossed Salad, Broccoli Florets, Fruit
- Wed – Breakfast: Pancake on a Stick, Syrup, Cereal, Fruit  
Lunch: Pig in a Blanket, Blackeyed Peas, Veggie Sticks, Fruit
- Thurs – Breakfast: Bacon/Egg/Cheese Biscuit Cereal, Fruit  
Lunch: Ham & Cheese Sandwich, Chips, Fruit
- Fri- NO SCHOOL - FALL BREAK

### Week of October 22 - 26

- Mon – NO SCHOOL – FALL BREAK
- Tues –NO SCHOOL – FALL BREAK
- Wed – Breakfast: Sausage Biscuit, Cereal, Toast, Fruit  
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Tacos, Chili Beans, Salsa, Fruit
- Fri - Breakfast: Egg Omlet, Toast, Cereal, Fruit  
Lunch: Hamburger, French Fries, Veg. Sticks, Pickles, Fruit

Milk & Juice are served with Breakfast and Lunch  
Extra Fruits and Vegetables are served with each meal.

### Reminders:

Oct 16<sup>th</sup> – Early Release - Parent /Teacher  
Conference 2:00pm to 8:00pm

Oct 19<sup>th</sup> - NO SCHOOL – Fall Break

Oct 22<sup>nd</sup>-Oct 23<sup>rd</sup> – NO SCHOOL – Fall Break

This institution is an equal opportunity provider