



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF SEPTEMBER

Week of September 3-7

Mon – NO SCHOOL – LABOR DAY

Tues – Breakfast: Sausage Biscuit, Fruit, Cereal
Lunch: Pizza, Corn, Broccoli Florets, Fruit

Wed – Breakfast: French Toast Sticks, Syrup,
Cereal, Fruit
Lunch: Hot Ham & Cheese Sandwich, Chips,
Carrot Sticks, Pickle Spears, Fruit

Thurs – Breakfast: Muffin, Cereal, Fruit
Lunch: Taco, Chili Beans, Fruit

Fri – Breakfast: Scrambled Eggs, Bacon, Toast,
Cereal, Fruit
Lunch: Hamburger, French Fries, Fruit

Week of September 10-14

Mon – Breakfast: Cereal, Toast, Fruit
Pre-K - Kg Grandparents eat @ 10:40
Lunch: Chicken Nuggets, Mashed Potatoes,
Gravy, Carrots, Hot Rolls, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit
1st – 2nd Grade Grandparents eat @ 10:40
Lunch: Taco Salad, Chili Beans Fruit

Wed – Breakfast: Waffles, Syrup, Cereal, Fruit
3rd & 4th Grade Grandparents eat @ 11:40
Lunch: Chicken Fried Steak, Mashed Potatoes,
Gravy Green Beans, Wheat Rolls, Fruit

Thurs – Breakfast: Long John, Cereal, Fruit
5th & 6th Grade Grandparents eat @ 11:40
Lunch: Baked Potato, Cheese, Ham, Crackers,
Fruit

Fri – Breakfast: Breakfast Burrito, Salsa, Cereal, Fruit
Lunch: Turkey & Swiss Cheese Sandwich,
Chips, Veg. Sticks, Fruit

Week of September 17-21

Mon – Breakfast: Breakfast Pizza, Toast, Fruit
Lunch: Burritos, Salsa, Spanish Rice, Corn,
Fruit

Tues – Breakfast: Hashbrown, Biscuit, Gravy, Cereal,
Lunch: Hot Dog, Chili, Tator Tots, Pickles, Fruit

Wed – Breakfast: Pancakes on a stick, Syrup, Cereal,
Fruit
Lunch: Chicken & Biscuits, Broccoli Florets,
Fruit

Thurs – Breakfast: Muffins, Cereal, Fruit
Lunch: Chicken Sandwich, French Fries,
Pickles, Fruit

Fri – Breakfast: Bacon Egg & Cheese Biscuit, Cereal,
Fruit
Lunch: Ham & Cheese Sandwich, Chips,
Lettuce, Tomato, Veg. Sticks, Fruit

Week of September 24-28

Mon – Breakfast: Cereal, Toast, Fruit
Lunch: BarbeQue Sandwich, Potato Wedge,
Carrot Sticks, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal,
Fruit
Lunch: Pizza, Corn, Broccoli Florets, Fruit

Wed – Breakfast: Pancakes, Syrup, Peanut Butter,
Cereal, Fruit
Lunch: Grilled Chicken Pattie, Rice Pilaf, English
Peas, Bread, Fruit

Thurs – Breakfast: Long John, Cereal, Fruit
Lunch: Corn Dog, Carrot Sticks, Baked Beans,
Fruit

Fri – Breakfast: Egg Omlet, Toast, Cereal, Fruit
Lunch: Hamburger, French Fries, Pickles,
Fruit

Happenings

Sept 3rd – LABOR DAY – NO SCHOOL

Sept 10th – 14th - Grandparents Week

Milk and Juice are served with Breakfast & Lunch
Extra vegetables and Fruit are offered grades 3-12 at
lunch

This institution is an equal opportunity employer