



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF SEPTEMBER

Week of September 2-6

Mon – NO SCHOOL – LABOR DAY

Tues – Breakfast: Sausage Biscuit or Cereal & Toast, Fruit
Lunch: Corn Dog or BBQ on Bun, Carrot Sticks, Baked Beans, Fruit

Wed – Breakfast: Pancake on Stick or Cereal & Toast, Fruit
Lunch: Chicken Wrap or Chicken Salad Sandwich, French Fries, Fruit

Thurs – Breakfast: Long John or Cereal & Toast, Yogart, Fruit
Lunch: Taco Burger or Burrito, Tator Tots, Pickle Spear, Fruit

Fri – Breakfast: Egg Omlet or Cereal, Toast, Salsa, Fruit
Lunch: Frito Pie or Pizza, Corn, Broccoli, Breadsticks, Fruit

Week of September 9-13

Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit
Pre-K - Kg Grandparents eat @ 10:40
Lunch: Chicken Fajitas, Chili Beans, Spanish Rice, Salsa, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit
1st – 2nd Grade Grandparents eat @ 10:40
Lunch: Chicken Fried Steak , Mashed Potatoes, Gravy, English Peas, Hot Rolls, Fruit

Wed – Breakfast: Pancakes w/syrup or Cereal & Toast, Peanut Butter, Fruit
3rd & 4th Grade Grandparents eat @ 11:40
Lunch: Grilled Chicken Pattie, Rice Pilaf, Green Beans, Wheat Rolls, Fruit

Thurs – Breakfast: Muffin or Cereal & Toast, Fruit
5th & 6th Grade Grandparents eat @ 11:40
Lunch: Baked Potato Cheese, Ham, Salad, Breadsticks, Fruit

Fri – Breakfast: Scrambled Eggs & Bacon or Cereal, Toast, Fruit
Lunch: Hamburger or Ham Cheese Sandwich, French Fries, Pickles Fruit

Week of September 16-20

Mon – Breakfast: Oatmeal or Cereal, Toast, Fruit
Lunch: Rib Pattie Sandwich or Barbeque on Bun, French Fries, Carrots, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal, Fruit
Lunch: Chicken & Biscuit or Hot Ham & Cheese w/ Chips, Broccoli, Fruit

Wed – Breakfast: Waffles & Syrup or Cereal & Toast, Peanut Butter, Fruit
Lunch: Tacos or Cheese Quesadilla, Salsa. Beans, Fruit

Thurs – Breakfast: Long Johns or Cereal & Toast, Yogart, Fruit
Lunch: Spaghetti or Chicken Spaghetti, Green Beans, Veggie Sticks, Italian Bread, Fruit

Fri – Breakfast: Breakfast Burrito or Cereal & Toast, Fruit
Lunch: Chicken Sandwich or Turkey & Swiss, Tator Tots, Lettuce, Tomato, Fruit

Week of September 23-27

Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit
Lunch: Taco Salad or Nachos, Tortilla Chips, , Salsa, Chili Beans, Veggie Sticks, Fruit

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

Wed – Breakfast: French Toast Sticks w Syrup or, Cereal & Toast, Peanut Butter, Fruit
Lunch: Hot Dog wChili or Burrito, Tator Tots, Pickle Spears, Fruit

Thurs – Breakfast: Muffins or Cereal & Toast, Fruit
Lunch: Grilled Chicken Pattie or Salisbury Steak, Mashed Potatoes, English Peas, Rolls, Fruit

Fri – Breakfast: Bacon/Egg/Cheese Biscuit or Cereal & Toast, Fruit
Lunch: Hamburger or Turkey & Swiss Sandwich, French Fries, Pickles, Fruit

Extra Vegetables and Fruit are offered Daily

Milk and Juice are served with Breakfast & Lunch
This institution is an equal opportunity employer