



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF OCTOBER

### Week of Oct. 2 – Oct 6

- 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: Corn Dog, Carrot Sticks, Baked Beans, 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 9 - 13

- Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit  
Lunch: BBQ Sandwich, Potato Wedge, Veg Sticks, Fruit
- Wed – Breakfast: Waffles, 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

This institution is an equal opportunity provider

### Week of October 16 - 20

- Mon – Breakfast, Breakfast Pizza, Cereal, Toast, Fruit  
Lunch: Burrito, Salsa Spanish Rice, Corn, Fruit
- Tues – Breakfast: Hashbrowns, 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, Black-eyed 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 23 - 27

- 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  
Salad Bar is offered to grades 3<sup>rd</sup> – 12<sup>th</sup> at Lunch

### Reminders:

- Oct 16<sup>th</sup> -17<sup>th</sup> - Parent Teacher Conference  
Oct 20<sup>st</sup>-- NO SCHOOL – Fall Break  
Oct 23<sup>rd</sup> – 24<sup>th</sup> – NO SCHOOL – Fall Break