

HIGH SCHOOL CENTRAL MENU – OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-3 Pancake/Sausage On Stick OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit Salisbury Steak & Gravy w/ Roll Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Pear Chilled Strawberries	10-4 Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit Grilled Ham & Cheese Sandwich OR Cheese Dunkers w/Marinara Sauce French Fries Baby Carrots w/Dip Fresh Apples Chilled Pineapple Manager's Choice Cookie	10-5 French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit Parfait Wednesday Cheeseburger On Bun OR Hawaiian Chicken Wrap Lettuce & Sliced Tomato Seasoned Corn Seasoned Pinto Beans Fresh Plums Chilled Applesauce	10-6 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit Stuffed Crust Pizza OR Chicken Fajita Farm Fresh Baked Sweet Potato Seasoned Green Beans Fresh Grapes Chilled Peaches	10-7 Breakfast Gravy Pizza OR Pancake Minis, Seasonal Fresh Fruit Teriyaki Chicken Over Rice w/Roll OR Pork Chop on Bun Steamed Broccoli Seasoned Squash Fresh Bananas Chilled Mandarin Oranges
10-10 Breakfast Bites OR Super Donut, Seasonal Fresh Fruit Chicken & Rice Casserole w/Roll OR Meatball Sub California Blend Seasoned Corn Fresh Apples Chilled Strawberries	10-11 Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Breakfast For Lunch Tuesday Sausage, Egg and Cheese Biscuit OR Chicken Caesar On Flatbread Tator Tots Seasoned Green Beans Glazed Carrots Fresh Oranges Chilled Pineapple Chilled Pudding NATIONAL	10-12 Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit Mini Ravioli w/Roll OR Buffalo Popcorn Chicken w/Roll Mixed Garden Salad Steamed Broccoli Fresh Plum Chilled Applesauce SCHOOL LUNCH	10-13 Ham & Cheese Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit Turkey & Cheese Hoagie OR Beef Fiestada French Fries Lettuce Leaf & Sliced Tomato Seasoned Squash Fresh Pears Chilled Peaches WEEK	10-14 Sausage, Egg, & Cheese Slider OR Mini Waffles, Seasonal Fresh Fruit Hot Dog with or without Chili OR Eastern BBQ Sandwich Creamy Coleslaw Baked Beans Sweet Potato Fries Fresh Banana Chilled Mandarin Oranges
10-17 Pancake/Sausage On Stick OR Fruit Frudel, Seasonal Fresh Fruit Grilled Chicken Salad OR Hamburger/Cheeseburger On Bun Lettuce Leaf & Sliced Tomato Baby Carrots w/Dip French Fries Fresh Oranges Chilled Strawberries	10-18 Beef Steak Biscuit OR Pancake Minis, Seasonal Fresh Fruit Spaghetti & Meat Sauce w/Roll OR Corn Dog Nuggets Mixed Garden Salad California Blend Fresh Apples Chilled Pineapple	10-19 French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit Parfait Wednesday Popcorn Chicken w/Roll OR Sloppy Joe On Bun Seasoned Pinto Beans Seasoned Corn Fresh Pears Chilled Applesauce	10-20 Sausage Biscuit OR Honey Bun, Seasonal Fresh Fruit Stuffed Crust Pizza OR Fish Nuggets & Hushpuppies French Fries Seasoned Green Beans Seasoned Cabbage Sourlicious Raisins Chilled Peaches	10-21 Breakfast Gravy Pizza OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit Pork Chop On Bun OR Mandarin Chicken Over Rice w/Roll Lettuce Leaf & Sliced Tomato Steamed Broccoli Savory Carrots Fresh Bananas Chilled Mandarin Oranges
10-24 Breakfast Bites OR Mini Waffles, Seasonal Fresh Fruit Beef & Cheese Nachos OR Chicken Quesadilla Steamed Broccoli Fiesta Black Beans Salsa Fresh Pears Chilled Strawberries	10-25 Chicken Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit Breakfast For Lunch Tuesday Chicken Tenders & Waffles OR Rib-B-Que On Bun Tator Tots Seasoned Green Beans Fresh Oranges Chilled Pineapple	10-26 Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit Mini Ravioli w/Roll OR Spicy Chicken Sandwich Lettuce Leaf & Sliced Tomato Glazed Carrots Seasoned Corn Fresh Apples Chilled Diced Pears	10-27 Ham & Cheese Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Gourmet Grilled Cheese Sandwich OR Buffalo Chicken Pizza French Fries Mixed Vegetables Fresh Grapes Chilled Diced Peaches School Made Brownie	10-28 Egg, Sausage & Cheese Slider OR Super Donut, Seasonal Fresh Fruit Roasted Chicken w/Roll OR Eastern BBQ Sandwich Creamy Coleslaw Sweet Potato Puffs Baked Beans Fresh Bananas Chilled Mandarin Oranges
10-31 Pancake/Sausage On Stick OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit, Chilled Juice, Cold Milk Salisbury Steak & Gravy w/Roll Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Pear Enchanted Orange Ice				

Cereal, graham crackers, juice, assorted muffins & toaster pastries are available daily for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider