

# Central Schools Lunch



# October 2011

Monday

Tuesday

Wednesday

Thursday

Friday

3 All-American Deli Sub  
Pasta Salad  
Fresh Apple

4 Taco Salad  
Golden Corn  
Fresh Banana

5 Hamburger on Bun  
Potato Starz  
Chilled Fruit Cocktail  
Readibake Cookie

6 Nachos Supreme  
Lettuce & Tomato Cup  
Refried Beans  
Fresh Grapes

7 Chuckwagon Pizza  
Garden Salad  
Chilled Pineapple  
Rice Krispy Bars

10 Spaghetti with Meat Sauce  
Italian Salad  
Wheat Roll  
Chilled Peaches

11 Hot Dog on Bun  
Homemade Mac & Cheese  
Green Beans  
Orange Smiles

12 Chicken Patty on Bun  
Sweet Potato Mini Puffs  
Fresh Apple Quarters  
Belly Bear Cookies

13 Baked Potato Bar  
Chili & Cheese or Broccoli & Cheese  
J & J WG Soft Pretzel  
Tropical Fruit Mix

14 Tony's Pizza Day!  
Tomato & Cucumber Salad  
Chilled Pears

17 Tangerine Chicken  
Fried Brown Veggie Rice  
Chilled Pineapple  
Fortune Cookie

18 Sloppy Joe  
Potato Wedges  
Fresh Banana

19 Chicken & Noodles  
WG Breadstick  
Glazed Carrots  
Chilled Peaches

20 Fish on Bun  
Spinach Salad  
Mac & Cheese  
Orange Smiles

21 Mexican Pizza  
Garden Salad  
Chilled Pears

24 BBQ Rib Sandwich  
Baked Beans  
Cole Slaw  
Fresh Grapes

25 Breakfast for Lunch!  
Pancakes or Waffles  
Sausage Patty  
Fresh Fruit  
Sweet Potato Wedges

26 Chili Cheese Max Wrap  
Golden Corn  
Frito Lay Scoops  
Chilled Applesauce

27 Mini Burger Sliders  
Ketchup, Mustard & Pickles  
Steamed Broccoli with Cheese  
Chilled Fruit Cocktail

28 Bosco Stuffed Crust Pizza  
Garden Salad  
Chilled Peaches

31 Meatball Sub  
California Blend Veggies  
Orange Smiles  
Carnival Cookie



National School Lunch Week is October 10 -14! Let's Grow Healthy!

A La Carte

School News

Variety of low fat milk served daily

