




January 2018: Central High School Breakfast

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School- Winter Vacation 	2 	No School- Staff Development 	4 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	5 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
8 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	9 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	10 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	11 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	12 WGR Breakfast Cereal Frosted Cinnamon Roll Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
15 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	16 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	17 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	18 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	19 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
22 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	23 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	24 WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	25 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	26 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
29 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	30 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	February 1 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	February 2 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk



Menus are subject to change without notice.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.





Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)



January 2018: Central High School Breakfast

Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>No School- Winter Vacation</p> 	<p>2</p> 	<p>No School- Staff Development</p>  	<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>5</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>9</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>10</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>12</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>15</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>16</p> <p>Chocolate Chip Pancakes OR Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>17</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>18</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit, 100% juice, & choice of whole grain item.</p>	<p>19</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>22</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>23</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>24</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>25</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>26</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>30</p> <p>Chocolate Chip Pancakes OR Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>February 1</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>February 2</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>

Milk is available every day. Menus are subject to change without notice.
100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.



January 2018

High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School- Winter Vacation	2 No School- Staff Development 	No School- Staff Development	4 Meatballs or Popcorn Chicken or Fish Shapes Mashed Potatoes Gravy Dinner Roll Steamed Vegetables Fresh Carrots/ Dip Diced Apricots	5 Cheeseburger or **Assorted Pizza or Fish Sandwich Puzzle Fries Assorted Fruits *Cherry Slushie
8 Fish Shapes or Chicken Nuggets or Chicken Drumstick Poultry Rice Gravy Dinner Roll Fresh Broccoli Florets Dip "Sidekick" Assorted Flavors	9 Breakfast Pizza W/Cheese Stick Or **Mr. Ribb or Hamburger Sweet Pepper Slices Dip Mixed Greens Salad Salad Dressing Fruit Cup	10 Fajita (Beef or Chicken) Or Cheeseburger Deluxe Toppings: Lettuce, Cheese, Tomatoes, Grilled Peppers, Onions, & Black Beans Tortilla Chips Salsa Fresh Carrots/Dip Assorted Fruits	11 Kolache (2) or Roast Beef-n-Cheeder or Chicken Sandwich Fries Fresh Carrots Dip Assorted Fruits	12 French Toast Sticks w/Sausage Links or Cheeseburger or Fish Sandwich Puzzle Fries Wango Mango Vegetable Juice or Cherry Slushie Peach Cups
15 Super Nachos (Beef or Chicken) Or Cheeseburger Deluxe Toppings: Lettuce, Onions, Tomatoes, Cheese, and Black Beans, Corn & Bean Fiesta Salsa Brown Rice Steamed Peas Strawberry Cup	16 Chili Frito Pie or Hot Dog or Chicken Sandwich Crispy Fries Sweet Pepper Slices Dip Assorted Fruits	17 Fish Shapes or Chicken Nuggets or Teriyaki Chicken Poultry Rice/ Gravy Sweet Potatoes Mixed Greens Salad Salad Dressing Petite Yellow Banana	18 Quesadilla (Chicken or Cheese) or Chicken Snack Wrap or Hamburger Deluxe Toppings: Lettuce, Tomatoes, Cheese & Onions Fresh Broccoli Florets Fresh Carrots/Dip Strawberry Banana Dessert	19 Cheese Pizza or Cheeseburger W/Puzzle Fries Or Mexican Fries (Toppings: Corn & Bean Fiesta Salsa and Sour Cream) W/Bread Stick Fresh Vegetables/Dip Assorted Fruits
22 Walking Taco or Grilled Chicken Sandwich Deluxe Toppings: Lettuce, Cheese, Black Beans, Tomatoes & Onions Fresh Carrots/Dip Stemed Green Beans Fruit Cup	23 Kolache (2) or Breakfast Pizza W/Cheese Stick or Chicken Sandwich Mixed Greens Salad Salad Dressing *Cherry Slushie or Wango Mango Vegetable Juice Peach Cup	24 Cheeseburger or Hot Dog Baked Vegetarian Beans Oven Potato Fresh Carrots/ Dip Peach Cup	25 Hamburger or Rotini Pasta w/ Turkey Alfredo Sauce or Meat Sauce and a Garlic Breadstick Mixed Greens Salad Salad Dressing Fresh Pepper Slices/Dip Assorted Fruits	26 Fish Shapes or Chicken Nuggets Mashed Potatoes Gravy Fresh Broccoli Florets Dip Cranberries Apple (Red, Green, or Yellow)
29 Teriyaki Chicken or Chicken Drumstick or Chicken Nugget or Fish Shapes Poultry Rice Gravy Steamed Broccoli Fresh Vegetables Strawberry Cup	30 Kolache (2) or French Toast Sticks w/Sausage Links or Cheeseburger Puzzle Fries Wango Mango Vegetable Juice or Cherry Slushie Diced Peaches	31 Fish Sandwich or Hot Dog or Chicken Sandwich Mixed Greens Salad Salad Dressing Fresh Carrots Dip Yellow Petite Banana	February 1 Hamburger or **Mr. Ribb or Mini Corn Dogs (Turkey) Baked Vegetarian Beans Tortilla Chips Salsa Strawberry Banana Dessert	February 2 Meatballs or Popcorn Chicken Creamy Mashed Potatoes Gravy Dinner Roll Fresh Vegetables Dip Assorted Fruits

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*New Item **Contains Pork

Mexican Fries: Puzzle fries topped with taco flavored ground beef and nacho cheese sauce