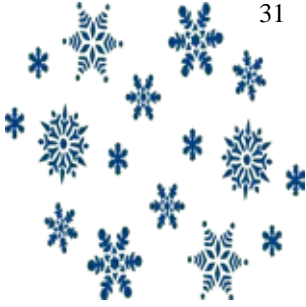



100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>31</p>	 <p>1</p>	<p>2</p> <p>No School- Staff Development</p>	<p>3</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p>	<p>4</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>
<p>7</p> <p>WGR Breakfast Cereal Assorted Muffins Trix Yogurt or Gogurt String Cheese Choose 2 of the Above Items</p>	<p>8</p> <p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>	<p>9</p> <p>WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items</p>	<p>10</p> <p>Breakfast Banana Split WGR Breakfast Cereal Assorted Muffins Choose 2 of the Above Items</p>	<p>11</p> <p>WGR Breakfast Cereal Mini Donuts Trix Yogurt String Cheese Choose 2 of the Above Items</p>
<p>14</p> <p>WGR Breakfast Cereal Assorted Muffins Trix Yogurt or Gogurt String Cheese Choose 2 of the Above Items</p>	<p>15</p> <p>WGR Breakfast Cereal Yogurt Explosion WGR Breakfast Item Choose 2 of the Above Items</p>	<p>16</p> <p>WGR Breakfast Cereal Assorted WGR Bread Items Assorted Muffins Choose 2 of the Above Items Yogurt or String Cheese</p>	<p>17</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>	<p>18</p> <p>WGR Breakfast Cereal Mini Donuts Trix Yogurt String Cheese Choose 2 of the Above Items</p>
<p>21</p> <p>WGR Breakfast Cereal Assorted Muffins Trix Yogurt or Gogurt String Cheese Choose 2 of the Above Items</p>	<p>22</p> <p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>	<p>23</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p>	<p>24</p> <p>Breakfast Banana Split WGR Breakfast Cereal Assorted Muffins Choose 2 of the Above Items</p>	<p>25</p> <p>WGR Breakfast Cereal Mini Donuts Trix Yogurt String Cheese Choose 2 of the Above Items</p>
<p>28</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>	<p>29</p> <p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>	<p>30</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p>	<p>31</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p>	<p>February 1</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>

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, Soft Baked Strawberry Crisp Bar, Strawberry Grahams, 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)

*Strawberry/Vanilla Yogurt topped with granola (topping optional)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CHS Freshly Brewed Coffee!</p> <p>Bring Your Favorite Coffee Mug!</p> <p>\$1.00</p>	<p>1</p> 	<p>2</p> <p>No School-Staff Development</p>	<p>3</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice</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>7</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Pancakes</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>9</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>10</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>11</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>14</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>15</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>16</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>17</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>18</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Cheese Omelet</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>21</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Pancakes</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>22</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>23</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>24</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>25</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Pancake On A Stick</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Waffles</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>30</p> <p>Pancake Wrap OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>31</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>February 1</p> <p>Cheddar Cheese Omelet 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, & Mango Wango.
*Contains Pork

Central High School Lunch Menu

January 2019

A selection of fruits are available every day. Milk is available every day.

Monday	Tuesday	Wednesday	Thursday	Friday
31 No School- Winter Vacation	1 	2 No School- Staff Development	3 Fish Shapes or Chicken Nuggets or Chicken Drumstick Dinner Roll Creamy Mashed Potatoes Gravy Fresh Pepper Slices Dip	4 Mini Corn Dogs or Pizza (Cheese or Pepperoni) Puzzle Fries Fresh Vegetables Dip
7 Cheeseburger Deluxe or Super Nachos Toppings: Shredded Lettuce, Tomatoes, Pinto Beans, Salsa, and Onions Puzzle Fries Fresh Broccoli	8 French Toast Sticks W/Turkey Sausage Links or Chicken Patty Batter Bites Wango Mango Vegetable Juice	9 *Mr. Ribb or Chicken Sandwich or Sloppy Joe Tortilla Chips Salsa Carrot Sticks Dip Celebrating All of January Birthdays!	10 Mini Corn Dogs or Grilled Chicken Deluxe Toppings: Lettuce and Cheese Fresh Dark Green Salad Salad Dressing Baked Vegetarian Beans	11 Fish Taco or Chicken Snack Wrap or Pizza Toppings: Shredded Lettuce, Tomatoes, Pinto Beans, Salsa, and Onions Rice Fresh Vegetables Dip
14 Chili Frito Pie or **Mr. Ribb or Hot Dog Cucumber Coins Dip Mixed Green Salad Salad Dressing	15 Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Wango Mango Vegetable Juice Puzzle Fries	16 Teriyaki Chicken or Popcorn Chicken Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip	17 Roast Beef-N-Cheddar or Pizza Curly Fries Fresh Dark Green Salad Salad Dressing	18 Mini Corn Dogs or Fish Sandwich Baked Vegetarian Beans Fresh Vegetables Dip
21 Walking Taco or Hamburger Deluxe Toppings (Lettuce, black Beans, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip	22 *Mr. Ribb or Breaded Chicken Sandwich Fresh Sweet Pepper Slices Dip Puzzle Fries	23 Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Dinner Roll Fresh Broccoli Florets Dip	24 Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread or Hamburger Fresh Baby Carrots Dip Lettuce Salad Salad Dressing	25 Quesadilla (Chicken or Cheese) or Cheeseburger Deluxe Toppings: Lettuce, Black Beans, Tomatoes, & Onions Tortilla Chips Salsa Fresh Vegetables Dip
28 Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Tomatoes, Lettuce, & Onions Rice Steamed Vegetables	29 Hot Dog or Chicken Patty W/Bun Puzzle Fries Fresh Carrot Sticks Dip	30 Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Vegetables Dip	31 Teriyaki Chicken or Chicken Drumstick or Chicken Nugget Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip	February 1 Mini Corn Dogs or Roast Beef Sandwich Or Fish Sandwich Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip

*Contains Pork