

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

Monday	Tuesday	Wednesday	Thursday	Friday
5 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	6 Yogurt Explosion WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	7 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	8 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	9 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items
12 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	13 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	14 WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items	15 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	16 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
19 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	20 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	21 WGR Breakfast Cereal Assorted WGR Bread Items Pumpkin Pancake Bar Choose 2 of the Above Items Yogurt or String Cheese Staff Development- Early Dismissal 11:45	22 	23 
26 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	27 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	28 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	29 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	30 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items

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)

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

Monday	Tuesday	Wednesday	Thursday	Friday
5 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice	6 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake On A Stick Served with yogurt, fruit and 100% juice.	7 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	8 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	9 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with yogurt, fruit, & 100% juice.
12 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice	13 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	14 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	15 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links Served with yogurt, fruit, & 100% juice.	16 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts Served with yogurt, fruit and 100% juice.
19 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice	20 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	21 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR *Breakfast Burrito Served with yogurt, fruit and 100% juice. Staff Development- Early Dismissal 11:45	22 	23 
26 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice	27 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	28 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	29 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with yogurt, fruit, & 100% juice.	30 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Pancake On A Stick Served with yogurt, fruit and 100% juice.
December 3 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice	December 4 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito Served with yogurt, fruit and 100% juice.	December 5 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	December 6 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	December 7 Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with yogurt, fruit and 100% juice.

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

November 2018

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	5 Fish Shapes or Meatballs or Popcorn Chicken Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip	6 Chicken Patty or French Toast Sticks W/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice	7 Mini Corn Dogs or Cheeseburger Baked Vegetarian Beans Coleslaw Celebrating All of November Birthdays!	8 Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Stick or Hamburger Mixed Greens Salad Salad Dressing Fresh Carrot Sticks Dip	9 Fish Taco or Grilled Chicken Snack Wrap or Pizza (Cheese or Pepperoni) Toppings: Shredded Lettuce, Cheese, & Taco Sauce Cherry SideKick Fresh Vegetables Dip
Week 2	12 Chili Frito Pie or Hot Dog Puzzle Fries Mixed Greens Salad Salad Dressing	13 Breakfast Slider Or Cheeseburger Batter Bites Fresh Carrot Sticks Dip	14 Hamburger or Taco Burger or Soft Shell Beef Taco Toppings: Shredded Lettuce, Cheese, & Taco Sauce, Pinto Beans Black Beans Rice Wango Mango Vegetable Juice Cherry SideKick	15 Chicken Drumstick or Teriyaki Chicken or Chicken Nuggets Poultry Rice Gravy Roast Squash Mixed Greens Salad Salad Dressing Fresh Cucumber Coins/ Dip	16 Chicken Patty or *Mr. Ribb or Fish Sandwich Steamed Vegetable Fresh Vegetables Dip
Week 3	19 Walking Taco or Cheeseburger Deluxe or Taco Burger Toppings: Shredded Lettuce, Cheese, Onions, Tomatoes, & Taco Sauce Puzzle Fries Fresh Carrot Sticks/Dip	20 Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Steamed Peas	21 School Breakfast Will Be Served!!! Staff Development- Early Dismissal 11:45	22 	23 
Week 4	26 Super Nachos or Taco Burger or Hamburger Deluxe Toppings: Shredded Lettuce, Cheese, & Taco Sauce Steamed Rice Crisp Carrot Sticks Dip	27 French Toast Sticks W/Turkey Sausage Links or Chicken Patty Batter Bites Wango Mango Vegetable Juice	28 Fish Shapes or Popcorn Chicken Creamy Mashed Potatoes Dinner Roll Fresh Broccoli Florets Dip	29 Teriyaki Chicken or Orange Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Vegetables Fresh Pepper Slices Dip	30 Mini Corn Dogs or Pizza (Cheese or Pepperoni) Baked Vegetarian Beans Corn Chips Fresh Vegetables Dip

*Contains Pork