
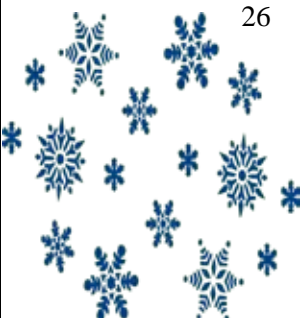


100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
November 26 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	November 27 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>	November 28 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar <b>Choose 2 of the Above Items</b>	November 29 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar <b>Choose 2 of the Above Items</b>	November 30 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>
3 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	4 Yogurt Explosion WGR Breakfast Cereal Pumpkin Pancake Bar <b>Choose 2 of the Above Items</b>	5 WGR Breakfast Cereal Carmel Roll Breakfast Bar <b>Choose 2 of the Above Items</b>	6 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>	7 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>
10 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	11 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>	12 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar <b>Choose 2 of the Above Items</b>	13 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>	15 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>
17 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	18 Yogurt Explosion WGR Breakfast Cereal Pumpkin Pancake Bar <b>Choose 2 of the Above Items</b>	19 WGR Breakfast Cereal Carmel Roll Breakfast Bar <b>Choose 2 of the Above Items</b>	20 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar <b>Choose 2 of the Above Items</b>	21 WGR Breakfast Cereal Mini Donuts Sunflower Kernels String Cheese <b>Choose 2 of the Above Items</b>
24 <b>CHS Freshly Brewed Coffee!</b>  <b>Bring Your Favorite Cup!</b>  <b>\$1.00</b>	25  FILL UP YOUR OWN CUP FIRST!	26 	27  <b>Winter Break!</b>	28 

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
<p>November 26</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>November 27</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>November 28</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>November 29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p>November 30</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>3</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast W/ Turkey Links</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>5</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>6</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>7</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>10</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>11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake On A Stick</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>12</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>13</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>14</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>
<p>17</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake On A Stick</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>18</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>19</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>20</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p>21</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Cheese Omelet</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>24</p> <p><b>CHS Freshly Brewed Coffee!</b></p> <p><b>Bring Your Favorite Cup!</b></p> <p><b>\$1.00</b></p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</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

December 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheeseburger or Hot Dog Tortilla Chips Salsa Fresh Cauliflower Bites Dip</p>	<p>4</p> <p>Breakfast Pizza W/ Cheese Stick or Breaded Chicken Sandwich Batter Bites Wango Mango Vegetable Juice</p>	<p>5</p> <p>Roast Beef/Cheddar Sandwich or Chicken Nuggets W/Dinner Roll Puzzle Fries Lettuce Salad Salad Dressing Fresh Carrot Sticks</p>	<p>6</p> <p>Walking Taco or Taco Burger or Grilled Chicken Sandwich Deluxe Toppings: Shredded Lettuce, Cheese, Onions, Tomatoes, &amp; Taco Sauce Fresh Broccoli Florets Dip</p>	<p>7</p> <p>Fish Sandwich or *Mr. Ribb or Mini Corn Dogs Baked Vegetarian Beans Fresh Vegetables Dip</p>
<p>10</p> <p>Fish Shapes or Meatballs or Popcorn Chicken Dinner Roll Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip</p>	<p>11</p> <p>Breaded Chicken Sandwich or French Toast Sticks W/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice</p>	<p>12</p> <p>Mini Corn Dogs or Cheeseburger Tortilla Chips Salsa Baked Vegetarian Beans Coleslaw  Celebrating All of December Birthdays!</p>	<p>13</p> <p>Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Stick or Hamburger Mixed Greens Salad Salad Dressing Fresh Carrot Sticks Dip</p>	<p>14</p> <p>Fish Taco or Grilled Chicken Snack Wrap or Pizza Toppings: Shredded Lettuce, Cheese, &amp; Taco Sauce Fresh Vegetables Dip</p>
<p>17</p> <p>Chili Frito Pie or Hot Dog Fresh Cauliflower Bites Dip Mixed Greens Salad Salad Dressing</p>	<p>18</p> <p>Breakfast Sliders (2) (Egg/Cheese or Egg/Cheese/Sausage) Or Cheeseburger Batter Bites Fresh Carrot Sticks Dip</p>	<p>19</p> <p>Hamburger Deluxe or Soft Shell Beef Taco Toppings: Shredded Lettuce, Shredded Cheese, &amp; Taco Sauce, Pinto Beans, &amp; Black Beans Rice Fresh Celery Dip Wango Mango Vegetable Juice</p>	<p>20</p> <p>Chicken Drumstick or Teriyaki Chicken or Chicken Nuggets Poultry Rice Gravy Fresh Broccoli Florets Dip Stir Fry Vegetables Winter Treat</p>	<p>21</p> <p>Breaded Chicken Sandwich or *Mr. Ribb or Fish Sandwich Oven Fries Fresh Vegetables Dip</p>
<p>24</p>  <p><b>Check Out The Salad Line!!!</b></p> 	<p>25</p>  <p>Top Your Own Salad!!</p> <p>Taco Salads Available Every Day!</p>	<p>26</p>  <p>No School- Winter Vacation</p>	<p>27</p>  <p>No School- Winter Vacation</p>	<p>28</p>  <p>No School- Winter Vacation</p>

\*Contains Pork