

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

Monday	Tuesday	Wednesday	Thursday	Friday
January 28 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	January 29 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	January 30 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	January 31 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	1 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items
4 WGR Breakfast Cereal Assorted Muffins Trix Yogurt or Gogurt String Cheese Choose 2 of the Above Items	5 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	6 WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items	7 Breakfast Banana Split WGR Breakfast Cereal Assorted Muffins Choose 2 of the Above Items	8 WGR Breakfast Cereal Mini Donuts Trix Yogurt String Cheese Choose 2 of the Above Items
11 WGR Breakfast Cereal Assorted Muffins Trix Yogurt or Gogurt String Cheese Choose 2 of the Above Items	12 WGR Breakfast Cereal Yogurt Explosion WGR Breakfast Item Choose 2 of the Above Items	13 WGR Breakfast Cereal Assorted WGR Bread Items Assorted Muffins Choose 2 of the Above Items Yogurt or String Cheese	14 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	15 No School- 
18 No School- 	19 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	20 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	21 Breakfast Banana Split WGR Breakfast Cereal Assorted Muffins Choose 2 of the Above Items	22 WGR Breakfast Cereal Mini Donuts Trix Yogurt String Cheese Choose 2 of the Above Items
25 WGR Breakfast Cereal Bagel Yogurt String Cheese Choose 2 of the Above Items	26 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	27 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	28 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	March 1 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, 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)

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Waffles</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>January 29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>January 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>January 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>1</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Pancakes w/ Sausage Links</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>5</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>6</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>7</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>8</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR *Sausage Omelet</p> <p>Served with yogurt, 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 and 100% juice</p>	<p>12</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>13</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>14</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>15</p> <p>No School-</p> 
<p>18</p> 	<p>19</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>20</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>21</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>22</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>25</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Mini Waffles</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>26</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>27</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>28</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>March 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

February 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 28</p> <p>Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Tomatoes, Lettuce, & Onions Rice Steamed Vegetables</p>	<p>January 29</p> <p>Hot Dog or Chicken Patty W/Bun Puzzle Fries Fresh Carrot Sticks Dip</p>	<p>January 30</p> <p>Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Vegetables Dip</p>	<p>January 31</p> <p>Teriyaki Chicken or Chicken Drumstick or Chicken Nugget Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip</p>	<p>1</p> <p>Mini Corn Dogs or Roast Beef Sandwich Or Fish Sandwich Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip</p>
<p>4</p> <p>Super Nachos (Beef or Chicken) Or Cheeseburger Deluxe "Top" Your Own Salad Toppings: Lettuce, Onions, Tomatoes, Cheese, Black Beans, Corn & Bean Fiesta Salsa Steamed Peas</p>	<p>5</p> <p>Mini Corn Dogs or **Mr. Ribb or Chicken Nuggets W/Dinner Roll Curly Fries Fresh Broccoli Florets Dip</p>	<p>6</p> <p>Breaded Chicken Sandwich or Breakfast Pizza W/Cheese Stick Batter Bites Baked Vegetarian Beans Celebrating February Birthdays!</p>	<p>7</p> <p>Teriyaki Chicken or Tangerine Chicken or Chicken Drumstick Poultry Rice/ Gravy Steamed Carrots Mixed Greens Salad Salad Dressing</p>	<p>8</p> <p>Cheese Pizza or Breaded Chicken Sandwich or Hamburger Deluxe W/Toppings: Lettuce, Tomatoes, Cheese & Onions Fresh Vegetables Dip</p>
<p>11</p> <p>Walking Taco or Grilled Chicken Sandwich Deluxe Toppings: Lettuce, Cheese, Black Beans, Tomatoes & Onions Fresh Carrots/Dip Steamed Green Beans</p>	<p>12</p> <p>Cheeseburger or French Toast Sticks & Sausage Links Puzzle Fries Fresh Broccoli Florets Dip</p>	<p>13</p> <p>Breaded Chicken Sandwich or Rotini Pasta w/ Turkey Alfredo Sauce or Meat Sauce w/ Garlic Breadstick Mixed Greens Salad Salad Dressing Fresh Vegetables Dip</p>	<p>14</p> <p>Pepperoni Pizza or Hot Dog Oven Potato Fresh Vegetables Dip</p>	<p>15</p> <p>No School- Staff Development</p> 
<p>18</p> <p>No School- PRESIDENTS' DAY</p> 	<p>19</p> <p>Fish Shapes or Chicken Nuggets Mashed Potatoes Gravy Dinner Roll Fresh Carrot Sticks Dip</p>	<p>20</p> <p>Hot Dog or Breaded Chicken Sandwich or Cheese Pizza Mixed Greens Salad Salad Dressing Baked Vegetarian Beans</p>	<p>21</p> <p>Tangerine Chicken or Chicken Drumstick or Teriyaki Chicken Poultry Rice Gravy Dinner Roll Fresh Broccoli Florets Fresh Cauliflower Bites Dip</p>	<p>22</p> <p>Mini Corn Dogs or Cheeseburger Puzzle Fries Fresh Vegetables Dip</p>
<p>25</p> <p>Soft Shell Taco (Beef or Chicken) Or Cheeseburger Deluxe Toppings: Lettuce, Cheese, Tomatoes, Grilled Peppers, Onions, & Black Beans Tortilla Chips Salsa Fresh Carrots/Dip</p>	<p>26</p> <p>Mini Corn Dogs or **Mr. Ribb or Hamburger Baked Vegetarian Beans Mixed Greens Salad Salad Dressing</p>	<p>27</p> <p>Fish Shapes or Chicken Nuggets Poultry Rice Gravy Dinner Roll Fresh Broccoli Florets Dip Cherry Slushie</p>	<p>28</p> <p>Roast Beef-n-Cheddar or Breaded Chicken Sandwich Crinkle Fries Fresh Carrots Dip</p>	<p>March 1</p> <p>Cheeseburger or Fish Sandwich Puzzle Fries Steamed Green Beans</p>

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