

# High School Breakfast

March 2019

Line 1

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

Monday	Tuesday	Wednesday	Thursday	Friday
February 25 WGR Breakfast Cereal Bagel Yogurt String Cheese Choose 2 of the Above Items	February 26 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	February 27 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	February 28 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
4 "Start Your Engines!" New Assorted WGR Breakfast Cereal Assorted Muffins Yogurt Sunflower Kernels Choose 2 of the Above Items	55 Yogurt Explosion or Dannon Yogurt 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 WGR Bread Item Choose 2 of the Above Items	8 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items  "You Finished the Race!!" Stop in for your prize- A Motts Fruit Snack!
 <p><b>National School Breakfast Week!!!! March 4<sup>th</sup>-8<sup>th</sup></b> Check Out New Breakfast Menus!!</p> 				
11 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	12 Yogurt Explosion WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	13 No School 	14 	15
18 WGR Breakfast Cereal Bagel Yogurt Sunflower Kernels Choose 2 of the Above Items	19 WGR Breakfast Cereal Yogurt Explosion WGR Breakfast Item Choose 2 of the Above Items	20 WGR Breakfast Cereal Assorted WGR Bread Items Assorted Muffins Choose 2 of the Above Items Yogurt or String Cheese	21 Breakfast Banana Split WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	22 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
25 WGR Breakfast Cereal Assorted Muffins 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 Assorted Muffins Choose 2 of the Above Items	29 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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March 2019

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Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>February 25</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Mini Waffles</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>February 26</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>February 27</p> <p>Pancake Wrap on a Stick <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>February 28</p> <p>Egg &amp; Cheese Slider <b>or</b> Sausage &amp; Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>1</p> <p>Cheddar Cheese Omelet <b>or</b> Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>4</p> <p><b>“Start Your Engines!”</b></p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Chicken Nuggets (3) w/ Dinner Roll</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>5</p> <p>French Toast Sticks (3) W/Gogurt <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>6</p> <p>Turkey Ham &amp; Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>7</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Mini Corn Dogs (3) W/Bread Item</p> <p>Served with fruit and 100% juice.</p>	<p>8</p> <p>Cheddar Cheese Omelet <b>or</b> Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p> <p><b>“You Finished the Race!”</b> Stop in for your prize- A Motts Fruit Snack!</p>
 <p><b>National School Breakfast Week!!!! March 4<sup>th</sup>-8<sup>th</sup></b></p> 				
<p>11</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Mini Pancakes w/ Sausage Links</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>12</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> *Breakfast Burrito</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>13</p> <p>No School</p> 	<p>14</p> 	<p>15</p>
<p>18</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Blueberry Waffles W/Sausage Links</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>19</p> <p>Egg &amp; Cheese Slider <b>or</b> Sausage &amp; Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>20</p> <p>Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza <b>or</b> *Breakfast Burrito</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>21</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Pancake Wrap on a Stick</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p>22</p> <p>Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza <b>or</b> *Sausage Omelet</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>25</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Mini Pancakes w/ Sausage Links</p> <p>Served with yogurt, fruit and 100% juice</p>	<p>26</p> <p>Mini Maple Pancake Wraps <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>27</p> <p>Egg &amp; Cheese Slider <b>or</b> Sausage &amp; Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>28</p> <p>Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p>29</p> <p>Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza <b>or</b> Omelets</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

March 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
25 Soft Shell Taco (Beef or Chicken) Or Cheeseburger Deluxe Toppings: Lettuce, Cheese, Tomatoes, Grilled Peppers, Onions, & Black Beans Tortilla Chips/Salsa Fresh Carrots/Dip	26 Mini Corn Dogs or **Mr. Ribb or Hamburger Baked Vegetarian Beans Mixed Greens Salad Salad Dressing	27 Fish Shapes or Chicken Nuggets Poultry Rice Gravy Dinner Roll Fresh Broccoli Florets Dip Cherry Slushie	28 Roast Beef-n-Cheddar or Breaded Chicken Sandwich Crinkle Fries Fresh Carrots Dip	March 1 Cheeseburger or Fish Sandwich Puzzle Fries Steamed Green Beans
4 Super Nachos (Beef or Chicken) or Grilled Chicken Deluxe Toppings: Lettuce, Tomatoes, & Onions Pinto Beans Steamed Vegetables Fresh Cucumber Slices Dip	5 Hot Dog or Breakfast Pizza W/Cheese Stick or **Mr. Ribb Baked Vegetarian Beans Mixed Greens Salad Salad Dressing	6 Cheese Pizza Or Fish Sandwich or Cheeseburger French Fries Fresh Broccoli Florets Dip	7 Breaded Chicken Sandwich or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Garlic Bread Stick Mixed greens Salad Salad Dressing Fresh Vegetables/Dip	8 Fish Shapes or Chicken Nuggets or Chicken Drumstick Dinner Roll Mashed Potatoes Gravy Fresh Vegetables Dip
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11 Hamburger or Tangerine Chicken or Teriyaki Chicken & Dinner Roll Creamy Mashed Potatoes Poultry Rice Gravy Fresh Carrot Sticks Dip	12 Breaded Chicken Sandwich or Assorted Pizza or French Toast Sticks W/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice	13 No School 	14 	15 <b>High School Meal Includes</b> 2 Servings Bread (Hamburger Bun = 2) 2 oz. Protein ½ Pint Milk 1 cup Vegetable 1 Cup Fruit USDA requirement: 3 items, one must be a min. ½ cup of fruit or vegetable
18 Breakfast Sliders or **Mr. Ribb or Mini Corn Dogs Puzzle Fries Fresh Carrot Sticks Dip	19 Breaded Chicken Sandwich or Fajita (Beef, Chicken, or Pork) Toppings: Shredded Lettuce, Cheese, & Taco Sauce, Pinto Beans Rice Mixed Greens Salad Salad Dressing Wango Mango Vegetable Juice	20 Chicken Drumstick or Teriyaki Chicken or Chicken Nuggets Poultry Rice Gravy Dinner Roll Fresh Broccoli Florets Fresh Cucumber Coins Dip	21 Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Garlic Bread Stick or Hamburger Steamed Vegetables Mixed Greens Salad Salad Dressing	22 Cheese Pizza or Breaded Chicken Sandwich or Pulled Pork Sandwich French Fries Fresh Vegetables Dip
25 Walking Taco or Cheeseburger Deluxe or Taco Burger Toppings: Shredded Lettuce, Cheese, Onions, Tomatoes, & Taco Sauce Steamed Vegetables Fresh Carrot Sticks/Dip	26 Blueberry Waffles or French Toast Sticks W/Turkey Sausage Links or Breaded Chicken Sandwich Batter Bites Assorted Pepper Slices Dip	27 Mini Corn Dogs or **Bacon Cheeseburger or Baked Vegetarian Beans Tortilla Chips Salsa Fresh Broccoli Florets Dip	28 Breaded Chicken Sandwich or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Garlic Bread Stick Fresh Baby Carrots Dip Lettuce Salad Salad Dressing	29 Fish Shapes or Chicken Drumstick or Chicken Nuggets Creamy Mashed Potatoes Gravy Dinner Roll Steamed Peas Fresh Vegetables/Dip

\*SideKick- 100% Frozen fruit juice cup      \*\* Contains Pork