


August 2019

Central High School Breakfast Menu

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p style="text-align: right;">19</p> <p>No School</p> 	<p style="text-align: right;">20</p> <p>No Meals Served</p> <p>AM: Grades 1-9 School Begins</p> <p>PM: </p> <p>PM: Grades 9-12 in Session</p>	<p style="text-align: right;">21</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>	<p style="text-align: right;">22</p> <p>Yogurt Explosion WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items</p> <p>Served with Fruit Cup, 100% juice, & Milk</p>	<p style="text-align: right;">23</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>
<p style="text-align: right;">26</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>	<p style="text-align: right;">27</p> <p>*Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Carmel Roll Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p>	<p style="text-align: right;">28</p> <p>WGR Breakfast Cereal Breakfast Bar Frosted Cinnamon Roll Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>	<p style="text-align: right;">29</p> <p>Breakfast Banana Split WGR Breakfast Cereal Mini Donuts Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>	<p style="text-align: right;">30</p> <p>WGR Breakfast Cereal Yogurt String Cheese Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p>




Milk is available every day. Menus are subject to change without notice. Available Whole Grain Cereal: Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

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

August 2018

Central High School Breakfast Menu

Line 2




Monday	Tuesday	Wednesday	Thursday	Friday
				
<p style="text-align: right;">19</p> <p>No School</p> 	<p style="text-align: right;">20</p> <p>No Meals Served</p> <p>AM: Grades 1-9 School Begins</p>  <p>PM: Grades 9-12 in Session</p>	<p style="text-align: right;">21</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p style="text-align: right;">22</p> <p>French Toast Sticks w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p style="text-align: right;">23</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p style="text-align: right;">26</p> <p>Mini Maple Pancakes W/Sausage Links OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">27</p> <p>Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">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 style="text-align: right;">29</p> <p>French Toast Sticks w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">30</p> <p>Cheddar Cheese Omelet OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>

Milk is available every day. Menus are subject to change without notice. Available Whole Grain Cereal: Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

August 2019

Central High School Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p style="text-align: right;">19</p> <p>No School</p> 	<p style="text-align: right;">20</p> <p>AM: Grades 1-9 School Begins PM: Grades 9-12 in Session</p> <p>Walking Tacos Toppings: Lettuce, Cheese, Salsa, Tomatoes & Onions or Cheese Pizza or Beef Pizza Puzzle Fries Fresh Carrot Sticks/Dip</p> <p>Welcome Class of 2023!</p>	<p style="text-align: right;">21</p> <p>"We Love Summer!" Hot Dog or Hamburger or **Mr. Ribb Baked Vegetarian Beans Mixed Greens Salad Dressing Zee Zees Campfire S'more Bar</p> 	<p style="text-align: right;">22</p> <p>Roast Beef & Cheddar Sandwich or Breaded Chicken Sandwich Tortilla Chips Salsa Cucumbers Slices Dip</p>	<p style="text-align: right;">23</p> <p>Chicken Nuggets or Fish Shapes Dinner Roll Mashed Potatoes Gravy Fresh Vegetables Dip</p>
<p style="text-align: right;">26</p> <p>Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Lettuce, Cheese, Salsa, Beans, Tomatoes & Onions Puzzle Fries Fresh Broccoli Florets Dip</p>	<p style="text-align: right;">27</p> <p>Breakfast Pizza W/ Cheese Stick or Breaded Chicken Sandwich Wango Mango Vegetable Juice Potato Smiles</p>	<p style="text-align: right;">28</p> <p>Popcorn Chicken or Tangerine Chicken Poultry Rice Gravy Stir Fry Vegetables Fresh Carrots Dip</p>	<p style="text-align: right;">29</p> <p>Pasta W/Turkey Alfredo or Pasta W/ Meat Sauce with Bread Stick or Hamburger Mixed Greens Salad Salad Dressing Fresh Cucumber Slices Dip</p>	<p style="text-align: right;">30</p> <p>Cheese Pizza or Beef Pizza or Mini Corn Dogs Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip</p>

Milk is available every day. Menus are subject to change without notice.

**Contains Pork