

MIDDLE
SCHOOL
LUNCH
2019

January

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4



DISCLAIMER: "We at the Central Kitchen do everything possible to follow our menu options, however occasionally our vendors are either out of the menued item or they are having delivery issues, therefore we will offer a substitution or change the item. Thank you for your understanding"

WK 1	7	8	9	10	11
Taco Soup	SW Bf or Chix Tornado	Chicken Nuggets	Calazone - Pepperoni	Beef & Cheese Nachos	
Grilled Cheese	Ranch Beans	Mash Potatoes / Gravy	Pizza Sauce	Salsa / Cooked Corn	
Carrot Sticks / Ranch	Salsa / Romaine Salad	Green Beans	Seasoned Wedges	Romaine Salad / Ranch	
Fruit	Fruit / G-B-Dessert	Hot Roll / Fruit	Cal BI Veggies / Fruit	Fruit	
Turkey / Ham	Cheeseburger / Bun	Chef Salad - Lettuce	Beef Patty St Sandwich	Hot Ham/Cheese Sand	
Cheese Croissant	French Fries	Ham or Grilled Chicken	Seasoned Wedges	Tater Tots	
Sweet Potato Fries	Carrot Stix / Ranch	WG Crackers	Lett / Tom / Pic / On	Pork & Beans	
Broccoli / Ranch	Lett / Tom / On / Pic	Eggs / Tomatoes	Broccoli / Ranch	Carrot Stix / Ranch	
Fruit	Fruit / G-B-Dessert	Ranch / Milk	Fruit	Fruit	
WK 2	14	15	16	17	18
Chix Fried Steak	Indian Taco / Tostado	Pig N Blanket	Chicken Tenders	Frito Chili Pie	
Green Beans	Refried Beans	Macaroni & Cheese	Mash Potatoes / Gravy	Ranch Beans	
Mash Potatoes / Gravy	Grain Based Dessert	Romaine Salad / Ranch	Cooked Carrots	Salsa / Cooked Corn	
Hot Roll / Fruit	Fruit	Pickle / Fruit	Hot Roll / Fruit	Fruit	
Rib A Q Sandwich	Turkey / Ham Cheese	Chicken Strip Wrap	Chef Salad / Lettuce	Corn Dog	
Sweet Potato Fries	WG Bun / French Fries	Seasoned Wedges	Ham / Grilled Chicken	Tater Tots	
Pickle Spear	Lett / Tom / On / Pic	Lett / Tom / Pic / Onions	WG Crackers	Carrot Stix / Ranch	
Fruit	Pork & Beans	Fruit	Eggs / Tomatoes	Broccoli	
	Fruit / G-B-Dessert		Ranch / Milk	Milk	
WK 3	21	22	23	24	25
	Pizza / Pizza Sauce	Asian Day	Breaded Chicken Leg	Beef Fingers	
	Romaine Salad / Ranch	Mixed Veg / Rice	Mash Potatoes / Gravy	Macaroni & Cheese	
	Cooked Corn / Pickle	Oriental Stir Fry	Green Beans	Sweet Potato Fries	
	Fruit / G-B-Dessert	Fortune Cookie / Fruit	Hot Roll / Fruit	Bean Salad / Fruit	
	Cheeseburger / Bun	Beef Steak Patty Sand	BBQ Meatballs / Hoagie	Pizza Stick	
	Tater Tots	French Fries	Seasoned Wedges	Tater Tots	
	Pork & Beans	Lett / Tom / Pic / Onions	Pickles / Tom / On	Pizza Sauce	
	Lett / Tom / On / Pic	Fruit	Fruit	Broccoli / Ranch	
	Fruit / G-B-Dessert			Fruit	
WK 4	28	29	30	31	
Chicken Breast Filet	Taco Salad w/ Chips	Spaghetti / Lasagna	Chicken Tenders		
Mash Potatoes / Gravy	Salsa	Romaine Salad / Ranch	Mash Potatoes / Gravy		
Cooked Corn	Shredded lettuce	Baked Green Beans	Cooked Carrots		
WG Hot Roll	Refried Beans	Italian Hot Roll	Hot Roll		
Fruit	Fruit	Spaghetti Sauce /Fruit	Fruit		
Beef Steak Patty Sand	Turkey / Ham	Chicken Patty / Bun	Chef Salad / Lettuce		
Tater Tots	Cheese Croissant	Pork & Beans	Ham / Grilled Chicken		
Lett / Tom / On / Pic	Seasoned Wedges	FF / Lett / Tom / Pic	w/ all fixings		
Fruit	Broccoli / Fruit	Fruit	WG Crackers / Fruit		



STUDENT LUNCH \$2.75
ADULT LUNCH \$4.00

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