

APRIL

2019

GOOD EATS AT

CENTRAL HEIGHTS ISD

SPECIAL ANNOUNCEMENTS

Chef salad offered everyday (6-12)
 Fresh fruit offered everyday
 Elem. Lunch \$2.75
 Jr. high/high school lunch \$3.00
 Adult lunch \$3.25
 Milk .30

MENU SUBJECT TO CHANGE
 BASED ON AVAILABILITY!!!!

I'm the **RAUMLES BERRY**

M

Steak sandwich
 Cheese crunchers
 Cucumber slices w/dip
 Lettuce tomato pickle
 Applesauce
 Fat free & 1% milk
1

Chicken sandwich
 Mini corn dogs
 Celery w/dip
 Lettuce tomato pickle
 Chips
 Applesauce
 Fat free & 1% milk
3

Spaghetti w/meatballs
 Ravioli
 Mixed vegetables
 Spring salad
 Applesauce
 Garlic toast
 Fat free & 1% milk
15

Spicy corn chicken
 Pizza
 Corn
 Spring salad
 Applesauce
 Wg roll
 Fat free & 1% milk
22

Steak sandwich
 Cheese crunchers
 Cucumber slices w/dip
 Lettuce tomato pickle
 Applesauce
 Fat free & 1% milk
29

T

Oven roasted chicken
 Steak fingers
 Mashed potatoes
 Green beans
 Wg roll
 Mixed fruit
 Fat free & 1% milk
2

Chicken sticks
 Salisbury steak
 Mashed potatoes
 Green beans
 Wg roll
 Mixed fruit
 Fat free & 1% milk
9

Chicken nuggets
 Steak fingers
 Mashed potatoes
 Green beans
 Wg roll
 Mixed fruit
 Fat free & 1% milk
16

Chicken rings
 Meatball's w/gravy
 Mashed potatoes
 Green beans
 Wg roll
 Mixed fruit
 Fat free & 1% milk
23

Oven roasted chicken
 Steak fingers
 Mashed potatoes
 Green beans
 Wg roll
 Mixed fruit
 Fat free & 1% milk
30

W

Pizza
 Hot wings
 Sweet peas
 Carrots
 Peaches
 Fat free & 1% milk
 Baked potato
3

Hot Rocket Chili Cheese Burrito
 Pinto Beans
 Spring Salad
 Peaches
 Fat free & 1% milk
 Baked Potato
10

Rib sandwich
 BBQ hot link
 Baked beans
 Potato salad
 Sliced bread(links)
 Peaches
 Fat free & 1% milk
 Baked potato
17

Corn dogs
 Asian bites
 Black eye peas
 Mac n cheese
 Carrots w/dip
 Peaches
 Fat free & 1% milk
 Baked potato
24

TH

General TSO's chicken
 Chicken Teriyaki
 Fried rice
 Corn
 Diced pears
 Wg roll
 Egg roll
4

Beef tips & rice
 Crispiots
 Steamed broccoli
 Corn
 Diced pears
 Wg roll
 Fat free & 1% milk
11

SACK LUNCH EARLY RELEASE
18

Chicken fajita
 Burrito
 Refried beans
 Spanish rice
 Diced pears
 Fat free & 1% milk
25

F

Hamburger
 Lettuce tomato pickle
 Fries
 Carrots w/ dip
 Manderine oranges
 Fat free & 1% milk
 Chicken strips
5

Hamburger
 Lettuce tomato pickle
 Chips
 Carrots w/ dip
 Manderine oranges
 Fat free & 1% milk
 Chicken strips
12

NO SCHOOL GOOD FRIDAY
19

Hamburger
 Lettuce tomato pickle
 Chips
 Carrots w/ dip
 Manderine oranges
 Fat free & 1% milk
 Chicken strips
26

HEALTHY SUMMER MEALS FOR KIDS
 No Cost For Kids To Eat Lunch

"You ART what You Eat"

ART CONTEST ENDS APRIL 12TH
 SquareMeal.org/artcontest



INDIANA DEPARTMENT OF EDUCATION
 COMMISSIONER GIND MILLER



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