

October 2010

CENTRAL ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hot Dog on Bun Baked Beans Watermelon Wedge Mustard Ketchup 2 % Milk
4 Pepperoni Pizza Broccoli (Fresh) Fresh Carrots Ranch Dressing Mandarin Oranges 2 % Milk	5 Spaghetti-Meat Sauce Green Beans Breadstick Lunch Bunch Grapes 2 % Milk	6 Beef Pattie on Bun French Fries Mustard Ketchup Apple 2 % Milk	7 Beef Taco Doritos Fun Size Cheddar Cheese Lettuce Salsa Juice Bar 2 % Milk	8 Chicken Nuggets Baked Potato Margarine Cup Diced Peaches Chocolate Pudding 2 % Milk
11 Macaroni and Cheese Mini Corn Dogs Mustard Ketchup Peas Applesauce 2 % Milk	12 Cheese Sandwich Tomato Soup Yogurt - Watermelon Cheez-It Cracker Small Orange 2 % Milk	13 Rainbow Treasures Corn Wheat Roll Berry Blue Gelatin Lunch Bunch Grapes 2 % Milk	14 Chicken Pattie on Bun Green Beans Applesauce Ketchup 2 % Milk	15 Pepperoni Pizza Tossed Salad Blueberries/ Yogurt and Granola / Parfait 2 % Milk
18 Salisbury Steak Brown Gravy Mashed Potatoes Tossed Salad Ranch Dressing Small Orange Snowflake Roll 2 % Milk	19 Beef Pattie on Bun French Fries Mustard Ketchup Strawberries 2 % Milk	20 Beef Taco Doritos Fun Size Cheddar Cheese Lettuce Salsa Diced Pears 2 % Milk	21 Corn Dog Baked Beans Fun Size Chips Apple 2 % Milk	22 * END OF 1ST 9-WEEK GRADING PERI Cheese Pizza Fresh Carrots Ranch Dressing Pineapple Tidbits 2 % Milk
25 Spaghetti-Meat Sauce Green Beans Breadstick Diced Pears 2 % Milk	26 Pork Barbeque on Bun French Fries Sherbet Cup 2 % Milk	27 Beef Pattie on Bun Corn Mustard Ketchup Grapes 2 % Milk	28 Chicken Strips Mashed Potatoes Green Beans Dinner Roll 8 Grain Jello 2 % Milk	29 Pepperoni Pizza Mixed Veg. Chocolate Pudding Apple Juice 100% 2 % Milk

School News

Lucky Tray Days -
Cook's Choice

Menus are subject to
change due to
availability of foods or
school closings.

Free and Reduced
meal applications
may be submitted at
any
time during the
school year.
Contact your child 's
school or
Joy Napier at
596 - 5218 ext. 250
for more information.

Breakfast is offered
each morning at no
cost to students.
Reduced lunch .40
Full price lunch \$1.50
Extra milk cost .40
Students have a
charge limit of \$5.00
Please pay all charges
promptly.

USDA is an equal
opportunity employer
and provider.

