



September 1-30, 2022

SEPTEMBER 2022

Central Middle School, Prairie Knolls Middle School Lunch Menu

Student Lunch: 3.10
Reduced: \$0.40
Milk: \$0.40
\$3.75 Adult / Teacher Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day Holiday **5**



LABOR DAY

No School

Quesadilla
Chicken or Cheese **12**

Fiesta Black Beans
Seasoned Corn
Chilled Peach Cup

Choice of Milk

Grilled Ham and
Cheese Sandwich **19**

Green Beans
Carroteenies w / Ranch Dip
Chilled Pears

Choice of Milk

Breakfast Pizza Bagel
w / Egg & Turkey Sausage **26**

Fruit Yogurt
Hash Brown Rounds (2)
Dragon Punch Juice Box
Fresh Apple Slices

Choice of Milk

Chicken Nuggets (5) **6**

Sweet Potato Fries
Green Beans
Chilled Applesauce

Choice of Milk

Cinnamon Waffles
w / Chicken Sausage Patty
and Maple Syrup Cup **13**

Fruit Yogurt Cup
Hash Brown Rounds (2)
Dragon Punch Juice Box
Fresh Apple Slices
Choice of Milk

Mashed Potato Bowl
w / Popcorn Chicken, Corn
& Mashed Potatoes **20**

Seasoned Corn
Mashed Potatoes
Fresh Apple

Choice of Milk

Macaroni N' Cheese **27**

Tender Peas
Carrot & Celery Sticks
w / Ranch Dip
Chilled Peaches

Choice of Milk

Twin Soft Beef Tacos (2)
w / Cheese, Lettuce, Salsa **7**

Fiesta Black Beans
Crunchy Celery Sticks
with Ranch Dip
Chilled Pears

Choice of Milk

Cheese French
Bread Pizza **14**

Steamed Broccoli
Vegetable Tray
w / Baby Carrots – Cherry Tomatoes –
Peapods
Chilled Pears
Choice of Milk

Bosco Cheese Sticks (2)
w / Marinara Sauce **21**

Garden Fresh Salad
w / Cherry Tomatoes & Ranch Dressing
Green Beans
Chilled Applesauce

Choice of Milk

Beef Nachos
w / Salsa **28**

Refried Beans
Carroteenies
w / Ranch Dip
Juicy Orange Wedges

Choice of Milk

Bosco Cheese Sticks (2)
with Marinara Sauce
Vegetable Tray
w / Green, Red & Yellow Peppers
w / Ranch Dip
Seasoned Corn
Fresh Apple

1

Choice of Milk

Orange Chicken
over Brown Rice **8**

Broccoli Florets
w / Ranch Dip
Oriental Blend Veggies
Orange Wedges

Choice of Milk

Italian Meatsauce
w / Pasta **15**

Fresh Garden Salad
w / Cherry Tomatoes & Sliced Cucumbers
w / Ranch Dressing
Tender Peas
Orange Wedges

Choice of Milk

Beef Hot Dog
on a WG Bun **22**

Baked Vegetarian Beans
Vegetable Tray
w / Baby Carrots – Cherry Tomatoes –
Celery Sticks w / Ranch Dip
Chilled Peaches

Choice of Milk

Cheese or Pepperoni
Pizza Slice **29**

Mixed Greens Salad
w / Cherry Tomatoes w / Ranch Dressing
Seasoned Corn
Chilled Pears

Choice of Milk

Hamburger or Cheeseburger
on a WG Bun **2**

Crispy Tater Tots
Carroteenies
w / Ranch Dip
Mixed Fruit Cup

Choice of Milk

Round 5" Cheese Pizza **9**

Mixed Greens Salad
w / Cherry Tomatoes
w / Ranch Dressing
Tender Peas
Chilled Peaches

Choice of Milk

Breaded Chicken Patty
on a WG Bun **16**

Oven French Fries
Crunchy Celery Sticks
w / Ranch Dip
Cinnamon Applesauce

Choice of Milk

Chicken Tenders (3)
w / Dinner Roll **23**

Crispy Tater Tots
Tender Peas
Juicy Orange Wedges

Choice of Milk

Breaded Chicken Wrap
made with WG Tortilla **30**

Baked Vegetarian Beans
Fresh Broccoli Florets
w / Ranch Dip
Chilled Peaches

Choice of Milk

Choice of Milk: 1% Low-Fat Unflavored
Fat Free Chocolate



Sun Butter & Jelly Sandwich Offered Daily



Menu Subject to Change without Notice



PAY FOR MEALS ONLINE
MySchoolBucks.com