



Lunch Prices:
 Student: \$3.20 Reduced: \$ 0.40
 Adult/Teacher Lunch: \$3.75
 Milk: \$ 0.40



ROCKET Cafe



Central High School Lunch Choices
October 3-31, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza-Chicken Patty Hamburger/Cheeseburger Value Meal Wraps Large Salads-Cold Sandwiches Carroteenies w/ Ranch Dip Green Peas	4 Pizza-Chicken Patty Hamburger/Cheeseburger <u>TACO DAY</u> Twin Beef Tacos <u>or</u> Bean Burrito Seasoned Corn Fiesta Black Beans	5 Pizza-Chicken Patty Hamburger/Cheeseburger Chicken Tender (3) Steamed Broccoli Black Bean Salsa	6 Pizza-Chicken Patty Hamburger/Cheeseburger Torpedo Meatball Sub <i>W / Marinara Sauce & Mozzarella Cheese</i> Fresh Mixed Greens Side Salad Italian Blend Veggies	7 Pizza-Chicken Patty Hamburger/Cheeseburger Turkey Corn Dog Sweet Potato Fries Seasoned Corn
10 Columbus Day No School No Lunch Served 	11 Pizza-Chicken Patty Hamburger/Cheeseburger Bosco Cheese Sticks w / <i>Marinara Sauce</i> Carroteenies w / Ranch Dip Green Beans	12 Pizza-Chicken Patty Hamburger/Cheeseburger <u>PASTA DAY</u> Rotini Pasta, Meatsauce, Alfredo Sauce Italian Blend Veggies Tossed salad	13 Pizza-Chicken Patty Hamburger/Cheeseburger Chicken Fajita <i>w / Peppers, Onions on WG Flour Tortilla w / Salsa & Sour Cream</i> Refried Beans Tri-Color Pepper Strips	14 Pizza-Chicken Patty Hamburger/Cheeseburger Toasted Cheese Sandwich Crispy Tater Tots Broccoli
17 Pizza-Chicken Patty Hamburger/Cheeseburger Value Meal Wraps Large Salads-Cold Sandwiches Carroteenies w / Ranch Dip Pasta Salad	18 Pizza-Chicken Patty Hamburger/Cheeseburger Orange Chicken <i>over Brown Rice</i> Pork & Vegetable Egg Roll Broccoli	19 Pizza-Chicken Patty Hamburger/Cheeseburger Mashed Potato Bowl <i>made w / Popcorn Chicken, Mashed Potatoes, Corn</i> Seasoned Corn Mashed Potatoes & Gravy	20 Pizza-Chicken Patty Hamburger/Cheeseburger Cheesy Lasagna Rollups <i>w / marinara Sauce</i> Garden Fresh Salad Carroteenies w / Ranch Dip	21 Pizza-Chicken Patty Hamburger/Cheeseburger Beef Hot Dog <i>on a WG Bun</i> Sweet Potato Fries Vegetarian Beans
24 Pizza-Chicken Patty Hamburger/Cheeseburger Value Meal Wraps Large Salads-Cold Sandwiches Carroteenies w / Ranch Dip California Blend veggies	25 Pizza-Chicken Patty Hamburger/Cheeseburger <u>NACHO BAR</u> Chicken, Beef, Black Beans <i>w / lettuce, tomato, jalapeno, cheese, salsa & chips</i> Refried Beans Tri-Color Pepper strips (green, red & yellow)	26 Pizza-Chicken Patty Hamburger/Cheeseburger BBQ Rib <i>on a WG Bun</i> Vegetarian Beans Mixed Green Salad	27 PARENT TEACHER CONFERENCE NO SCHOOL NO LUNCH SERVED	28 PARENT TEACHER CONFERENCE NO SCHOOL NO LUNCH SERVED
31 Pizza-Chicken Patty Hamburger/Cheeseburger Value Meal Wraps Large Salads-Cold Sandwiches Carroteenies w/ Ranch Dip Baked Vegetarian Beans				

Menu Subject to Change Without Notice

Chicken Patty/Bun – Available Daily
 Spicy Chicken Patty/Bun – Available Daily
 Peanut Butter & Jelly Sandwich – Available Daily
 Pizza – Pepperoni or Cheese – Available Daily
 Hamburger - Cheeseburger



OFFERED DAILY
 Side Tossed Salad
 Carroteenies
 Assorted Fruit Cups
 100% Fruit Juice (4oz. container)
 Fresh Fruit – Apples, Oranges, etc.