

Welcome  
Fall



ROCKET Cafe



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

Central High School Lunch Choices  
September 1-30, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pizza-Chicken Patty Hamburger/Cheeseburger Italian Meatsauce <i>over Pasta</i> Mixed Greens Salad <i>w/Dressing</i> Italian Blend Veggies	2 Pizza-Chicken Patty Hamburger/Cheeseburger Beef Hot Dog <i>on WG Bun</i> Vegetarian Beans Seasoned Corn
5 	6 Pizza-Chicken Patty Hamburger/Cheeseburger Chicken Fajitas (2) <i>w/Peppers &amp; Onions</i>  Fiesta Black Beans Baby Carrots <i>w/Dip</i>	7 Pizza-Chicken Patty Hamburger/Cheeseburger Chicken n' Waffles <i>w/Syrup Cup</i> Seasoned Corn Waffle Fries	8 Pizza-Chicken Patty Hamburger/Cheeseburger Torpedo Meatball Sub Italian Blend Veggies Garden Fresh Salad <i>w/Dressing</i> <b>New Pizza: Buffalo Chicken</b>	9 Pizza-Chicken Patty Hamburger/Cheeseburger Toasted Cheese Sandwich  Crispy Tater Tots Broccoli Florets <i>w/Ranch Dip</i>
12 Pizza-Chicken Patty Hamburger/Cheeseburger Large Salads- Cold Sandwiches Glazed Carrots Tender Peas	13 Pizza-Chicken Patty Hamburger/Cheeseburger Chicken Tenders (3)  Mixed Vegetables Baby Bakers Potatoes	14 Pizza-Chicken Patty Hamburger/Cheeseburger French Toast Sticks <i>w/Sausage Patty &amp; Maple Syrup Cup</i> Has Brown Rounds (2) Carroteenies <i>w/Dip</i>	15 Pizza-Chicken Patty Hamburger/Cheeseburger Nacho Bar  Fiesta Black Beans Veggie Tray <i>w/Yellow, Red &amp; Green peppers w/Ranch Dip</i>	16 Pizza-Chicken Patty Hamburger/Cheeseburger Beef Hot Dog <i>on a WG Bun</i> Vegetarian Beans Celery Sticks <i>w/ Ranch Dip</i>
19 Pizza-Chicken Patty Hamburger/Cheeseburger Large Salads- Cold Sandwiches Vegetarian Beans Tender Peas	20 Pizza-Chicken Patty Hamburger/Cheeseburger <b>FRIED RICE DAY</b> Orange Chicken <i>w/Fried Brown Rice</i> Steamed Broccoli Tender Green Beans	21 Pizza-Chicken Patty Hamburger/Cheeseburger Sausage Breakfast Sandwich Hash Brown Rounds (2) Carroteenies <i>w/Ranch Dip</i>	22 Pizza-Chicken Patty Hamburger/Cheeseburger Italian Meatsauce <i>over Pasta</i> Garden Fresh Salad <i>w/Dressing</i> Green Beans	23 Pizza-Chicken Patty Hamburger/Cheeseburger Breaded Mozzarella Sticks (6) <i>w/Marinara Sauce</i> Crispy Tater Tots Tender Peas
26 Pizza-Chicken Patty Hamburger/Cheeseburger Large Salads- Cold Sandwiches Baby Carrots <i>w/Dip</i> Tender Peas	27 Pizza-Chicken Patty Hamburger/Cheeseburger  Bosco Cheese Sticks (2) <i>w/Marinara Sauce</i> Mixed Greens Salad <i>w/Dressing</i> Tender Green Beans	28 Pizza-Chicken Patty Hamburger/Cheeseburger  Walking Taco <i>w/Cheese &amp; Salsa</i> Fiesta Black Beans Veggie Tray <i>w/Yellow, Red &amp; Green Pepper Strips w/Dip</i>	29 Pizza-Chicken Patty Hamburger/Cheeseburger Breakfast Bowl Bar <i>w/diced potatoes, diced ham or sausage, diced peppers &amp; onions</i> Seasoned Corn Hash Brown Rounds (2)	30 Pizza-Chicken Patty Hamburger/Cheeseburger  BBQ Rib Sandwich <i>on a WG Bun</i> Steamed Broccoli Carroteenies <i>w/Ranch Dip</i>

Menu Items Available Daily

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



Menu Subject to Change Without Notice

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