

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
INSTITUTE DAY NO SCHOOL	1 Egg Rolls w/ 3 Chx Dumplings or 6 Vegetarian Dumplings Pizza - Buffalo Chicken Vegetable - Celery Sticks / Broccoli Florets Fruit - Applesauce	Bosco Sticks (Pepperoni or Cheese) Chicken & Cheese Quesadilla Wraps - Chicken Southwestern Wrap Large Salad - Chicken Fajita Salad Vegetable - Green Beans / Carroteenies Fruit - Apple / Homemade Pumpkin Bread	Parmesan Chicken Sandwich (Breaded / Grilled) Pizza - BBQ Chicken Wraps - Chicken Bacon Caesar Vegetable - Fries / Minestrone Soup Fruit - Grapes / Banana Muffins	Mozzarella sticks(6) Pulled Pork Sandwich Pizza - Buffalo Chicken Vegetable - Sweet potato fries / Vegetarian beans / Great Garden soup Fruit - Orange / Blueberry Muffins
13	14	15	16	17
Nacho Bar - Chicken, Beef, Beans Pizza - BBQ Chicken Wraps - Chicken Bacon Caesar Vegetable - Carroteenies / Pepper Boat / Mexican Vegetable soup Fruit - Pears Homemade Banana Muffins	Orange Chicken Lo mein Pizza - Buffalo Chicken Large Salad - Chicken & Cheese, Chicken salad (mixed w/ mayo) Vegetable - Broccoli Florets / Italian Zucchini Soup Fruit - Applesauce Homemade Blueberry Muffins	Boneless Wings (Plain / Garlic) Pizza - French Bread; Cheese, Pepperoni or Buffalo Chicken Wraps - Southwestern Large Salad - Taco Vegetable - Vegetarian beans / Celery / Broccoli Cheese Soup Fruit - Apple / Homemade Pumpkin Bread	Torpedo meatball sub 5", mozzarella cheese, sauce Pizza - Buffalo Chicken Wraps - Chicken Bacon Ranch Vegetable - Garden Salad / Minestrone soup Fruit - Applesauce / Homemade Muffin	Pancakes (Sausage / Bacon / 2 cheese sticks) Pizza - Cheese / Pepperoni / Buffalo Chicken Vegetable - Fries / Cucumber Slices / Great Garden Soup Fruit - Orange / Cinnamon Rolls
20	21	22	23	24
MLK DAY NO SCHOOL	General Chicken Rice Pizza - Buffalo Chicken Wraps - Chicken Bacon Caesar Vegetable - Broccoli Florets / Roasted Zucchini Fruit - Orange Homemade Banana Muffin	Chicken Tenders (Regular / Spicy) Pizza - French Bread (Cheese / Pepperoni / Buffalo Chicken) Wraps - Southwestern Large Salad - Chicken Fajita Vegetable - Mashed Potato / Italian Zucchini Soup Fruit - Apple / Blueberry Muffin	BBQ Rib Sandwich Pizza - Buffalo Chicken Wraps - BLT Vegetable - Vegetarian Bean / Pepper Boats / Creamy Broccoli & Potato Soup Fruit - Applesauce / Homemade Pumpkin Bread	Jambalaya Pizza - Buffalo Chicken Wraps - Chicken Bacon Ranch Vegetable - Garden Salad / Carroteenies Fruit - Peach / Homemade Breakfast Muffin
27	28	29	30	31
Nacho Bar (Beef / Chicken / Bean) Pizza - Buffalo Chicken Vegetable - Garden Salad / Mexican Vegetable soup Fruit - Red and Green Grapes / Homemade Blueberry Muffins	Mac & Cheese or Pretzel & Cheese cup Pizza - BBQ Chicken Wrap - Chicken Bacon Ranch Large Salad - Chicken Salad (w/ mayo) Vegetable - Veggie Soup / Carroteenies Fruit - Apple / Pumpkin bread	Popcorn Chicken (Plain or Spicy) Pizza - Round (Cheese / Pepperoni / Buffalo Chicken) Wrap - Southwestern Large Salad - Taco Vegetable - Mash Potatoes Gravy / Corn Fruit - Orange / Cinnamon rolls	Torpedo meatball sub 5", mozzarella cheese, sauce Pizza - BBQ Chicken Wrap - BLT Vegetable - Roasted broccoli / Carroteenies / Minestrone Soup Fruit - Applesauce / Blueberry muffins	Burger Bar (Cheese w/ Bacon) Pizza - Buffalo Chicken Wrap - Chicken Bacon Ranch Vegetable - French Fries / Vegetarian beans / Broccoli Cheese soup Fruit - Pears / Homemade Breakfast muffin

CENTRAL HIGH SCHOOL MENU - JANUARY 2025

Offered Daily: Vegetarian Salad (Hummus)/ Grilled chicken salad/ Buffalo chicken salad/ Ham and cheese sandwich/ Turkey and cheese sandwich/ Salad/ Carroteenies/ Fresh fruit/ Fruit cup/ Fruit juice/ Vegetarian wrap (Hummus)/ Breaded chicken, cheese and ranch wrap/ Spicy chicken, cheese, and ranch wrap/ Caesar chicken wrap



Lunch Price
Student: \$3.40
Reduced: \$.40
Adult: \$3.95
Milk: \$.40