

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>INSTITUTE DAY NO SCHOOL</b>	<b>Hamburger - Cheeseburger</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Large Salad/ Wrap</b> - Breaded Chicken Salad <b>Vegetable</b> - French Fries/ Cauliflower <b>Fruit</b> - Applesauce	<b>Round Pizza (Cheese / Pepperoni)</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Large Salad/ Wrap</b> Southwestern Chicken Salad <b>Vegetable</b> Roasted Zucchini/Celery <b>Fruit</b> - Apple	<b>Bosco Sticks (2) (Cheese / Pepperoni)</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Large Salad/ Wrap</b> - Taco Salad <b>Vegetable</b> - Carroteenies/ Roasted Broccoli <b>Fruit</b> - Pears	<b>Chicken or Bean Tacos (2)</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Vegetable</b> - Black Bean Shredded Lettuce & Tomatoes <b>Fruit</b> - Pears
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Chicken &amp; Waffles w/ Syrup (Regular / Spicy)</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Vegetable</b> - French Fries / Carroteenies <b>Fruit</b> - Apple	<b>Hot Dog On A Bun</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Large Salad/ Wrap</b> - Spicy Chicken Salad <b>Vegetable</b> - Vegetarian Beans/ Broccoli Florets <b>Fruit</b> - Pears	<b>Bagel Sandwich (Egg &amp; Cheese Or Sausage, Egg &amp; Cheese)</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Vegetable</b> - Hash Brown(2) Juice Box - <b>Fruit</b> - Peaches	<b>Spaghetti (Meat Sauce / Marinara) sauce &amp; 2 cheese sticks</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Large Salad/ Wrap</b> Grilled Chicken Caesar Wrap <b>Vegetable</b> - Green Beans or Celery <b>Fruit</b> - Grapes	<b>Salisbury Steak</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Large Salad/ Wrap</b> - Spicy Chicken Salad <b>Vegetable</b> - Carroteenies Mashed potatoes <b>Fruit</b> Applesauce
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>MLK DAY NO SCHOOL</b>	<b>Fajita Chix (2)</b> <b>Black Bean Taco</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Vegetable</b> - Sweet Pepper Strips / Green Beans <b>Fruit</b> - Applesauce	<b>Chicken Parmesan sandwich</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Large Salad/ Wrap</b> - Chicken Salad <b>Vegetable</b> Vegetarian Beans/ Garden Salad <b>Fruit</b> - Grapes	<b>Stuffed Crust Pizza (Cheese / Pepperoni)</b> <b>Cold</b> - Turkey Cheese Sandwich <b>Vegetable</b> Roasted Broccoli/Celery <b>Fruit</b> - Pears	<b>Mac &amp; Cheese or Rib Sandwich</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Large Salad / Wrap</b> - Breaded Chicken & Cheese Wrap <b>Vegetable</b> - Peas/Carroteenies <b>Fruit</b> - Apple
	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Mashed Potato Bowl &amp; Popcorn Chicken (Regular / Spicy)</b> <b>Cold</b> Ham & Cheese Sandwich <b>Large Salad/ Wrap</b> Vegetarian Wrap <b>Vegetable</b> Celery/Carroteenies <b>Fruit</b> - Pears	<b>Breakfast Pancake Sandwich - Sausage &amp; Cheese</b> <b>Bagel Sandwich (Egg &amp; Cheese)</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Vegetable</b> Hash Browns / Juice Box <b>Fruit</b> - Peaches	<b>French Bread Pizza (Cheese / Pepperoni)</b> <b>Cold</b> - Turkey & Cheese Sandwich <b>Large Salad/ Wrap</b> - Taco Salad <b>Vegetable</b> Cucumbers / Peas <b>Fruit</b> - Oranges	<b>Grilled Cheese</b> <b>Cold</b> - Ham & Cheese Sandwich <b>Large Salad/ Wrap</b> - Grilled Chicken Salad <b>Vegetable</b> - Celery / Tomato Soup <b>Fruit</b> - Apple	<b>Hamburger or Cheeseburger</b> <b>Cold</b> - Turkey & Cheese Sandwich <b>Large Salad/ Wrap</b> - Breaded Chicken <b>Vegetable</b> - Vegetarian Beans Broccoli Florets <b>Fruit</b> - Applesauce

## MIDDLE SCHOOL MENU - JANUARY 2025

 <p><b>CENTRAL MIDDLE SCHOOL</b></p>	 <p><b>PRAIRIE KNOLLS MIDDLE SCHOOL</b></p>	 <p><b>CENTRAL UNIT SCHOOL DISTRICT 301</b></p>	<b>Offered Daily</b> Carroteenies Fresh Fruit, Fruit Cup or Fruit Juice Box Uncrustables Grape or Strawberry Vegetarian Wraps Garden side Salad Milk - 1 % Low-Fat White Milk Fat Free Chocolate	<b>Vegetarian Option</b> Offered Daily "C" <b>Lunch Prices</b> Student: \$3.30 Reduced: \$.40 Adult: \$3.95 Milk: \$.40
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