MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
French Toast Sausage (1) or Cheese Stick (1) Cold - Turkey and Cheese Sandwich Large Salad/Wrap - Breaded Chicken & Cheese Wrap Vegetable - Hash Browns, Juice Box Fruit - Orange	Egg & Cheese Bagel Sandwich Sausage, Egg & Cheese Bagel Sandwich Cold - Ham and Cheese Sandwich Vegetable - Tater tots (8), Carroteenies Fruit - Peaches	Pepperoni Round Pizza Cheese Round Pizza Cold - Turkey Cheese Sandwich Large Salad/Wrap - Breaded Chicken Salad Vegetable - Garden Salad, Celery Fruit - Pears	Chicken Tenders Spicy Chicken Tenders Cold - Ham & Cheese Sandwich Vegetable - French Fries, Vegetarian Beans Fruit - Apple	Pancakes Sausage (1) or Yogurt Cold - Ham and Cheese Sandwich Large Salad/Wrap - Breaded Chicken and Cheese Wrap Vegetables - Hash Browns, Pepper Boats Fruit - Applesauce
10	11	12	13	14
Mashed Potato Bowl (Mashed Potato, Corn & Chicken Gravy) w/ Regular or Spicy Popcorn Chicken Cold - Ham & Cheese Sandwich Large Salad/ Wrap- Vegetarian Wrap Vegetable - Celery, Roasted Broccoli Fruit - Pears	Macaroni and Cheese Rib Sandwich Cold -Ham & Cheese Sandwich Large Salad/ Wrap- Grilled Chx Salad Vegetable - Carroteenies, Roasted Zucchini Fruit -Apple	Pepperoni French Bread Cheese French Bread Cold -Turkey & Cheese Sandwich Large Salad/ Wrap - Breaded Chicken Salad Vegetable - Cucumbers, Corn Fruit - Oranges	Nacho, Beef or Bean Cold - Turkey & Cheese Sandwich Large Salad/Wrap - Spicy Chx Salad, Vegetarian Wrap Vegetable - Refried Bean, Shredded Lettuce & Tomatoes Fruit - Applesauce	Hamburger w/ Bacon Cheeseburger w/ Bacon Cold -Turkey & Cheese Sandwich Large Salad/ Wrap- Taco Salad Vegetable- French Fries, Cauliflower Fruit - Peach
17	18	19	20	21
Hot Ham and Cheese Sandwich Cold - Ham & Cheese Sandwich Vegetable - French Fries, Roasted Broccoli Fruit - Apple	Chicken Fajita (2) w/ Sweet Peppers Black Bean Taco Cold -Ham & Cheese Sandwich Vegetable - Refried Bean, Green Beans Fruit -Pear	Pepperoni Round Pizza Round Cheese Pizza Cold -Turkey Cheese Sandwich Large Salad/ Wrap - Breaded Chx Salad Vegetable- Carroteenies, Roasted Fava Beans Fruit - Applesauce	Meatball Sub Cold - Turkey & Cheese Sandwich Large Salad/ Wrap - Grilled Chicken Wrap (Caesar) Vegetable - Roasted Zucchini, Celery Fruit -Peaches	Chicken Patty Spicy Chicken Patty Cold -Turkey & Cheese Sandwich Large Salad/ Wrap- Chicken Salad Vegetable- Corn, Garden Salad Fruit - Orange
24	25	26	27	28
Orange Chicken with Brown Rice Cold - Ham & Cheese Sandwich Vegetable - Roasted Zucchini, Broccoli Florets Fruit - Orange	Chicken Nuggets (5) Cold - Ham & Cheese Sandwich Large Salad/Wrap- Spicy Chicken Salad Vegetable - Carroteenies, Mash Potatoes Fruit - Applesauce	Pepperoni Stuffed Crust Pizza Stuffed Crust Pizza Cold -Turkey Cheese Sandwich Vegetable- Corn, Celery Fruit - Orange	Hot Dog on a Bun Cold - Ham & Cheese Sandwich Large Salad/Wrap- Spicy Chicken Salad Vegetable - Vegetable Chili, French Fries Fruit - Applesauce	Half Day No Lunch
MIDDLE SCHOOL ME	NU - MARCH 2025			
CENTRAL MIDDLE SCHOOL	PRAIRIE KNOLLS MIDDLE SCHOOL	CENTRAL UNIT SCHOOL DISTRICT 301	Offered Daily 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	Lunch Prices Student: \$3.30 Reduced: \$.40 Adult: \$3.95 Milk: \$.40