

Central Community School System
 October 2017
 Central Intermediate School Lunch Menu

Monday

Chicken Nuggets
 Baked Beans
 Steamed Carrots
 Fresh Orange Wedge
 Milk Choice

2

Tuesday

Salad **OR**
 Cajun Chicken Pasta
 Steamed Broccoli
 Tossed Salad w/ Dressing
 Fresh Banana
 Milk Choice

3

Wednesday

Salisbury steak
 Steamed Rice w/ Gravy
 Green Beans
 Jell-O
 Homemade W.W. Roll
 Fruit Cocktail
 Milk Choice

4

Thursday

Pepperoni Pizza
 Steamed Corn
 Dark Green Salad w/ Dressing
 Chilled Pear Halves
 Milk Choice

5

Friday

Low Fat Cheese Burger on W.W. Bun
 Lettuce, Tomato, Pickle Cup
 Sweet Potato Fries
 Baked Beans
 Ketchup / Mayo / Mustard
 Baked W.G. Cookie
 Mixed Fruit
 Milk Choice

6

Hot Dog on Bun w/ Chili
 Baked Beans
 Ketchup/Mustard
 Graham Cracker
 Fresh Apple
 Milk Choice

9

Salad **OR**
 Pasta w/ Meat Sauce **OR** Meatballs
 Steamed Broccoli
 Green Salad w/ Dressing
 Homemade W.W. Roll
 Fresh Banana
 Milk Choice

10

Beef Tacos
 Taco Salad Cup
 Beans, Refried
 Chilled Sliced Peaches
 Rice Crispy Treat
 Milk Choice

11

Pepperoni Pizza
 Steamed Corn
 Dark Green Salad w/ Dressing
 Chilled Pear Halves
 Milk Choice

12

Turkey, Ham/ Cheese Po boy
 Lettuce, Tomato, Pickle Cup
 Carrot Sticks w/ Ranch
 Ketchup / Mayo / Mustard
 Chilled Pear Halves
 Milk Choice

13

W.G. Corn Dog
 Baked Beans
 Ketchup/Mustard
 Graham Cracker
 Fruit Cocktail
 Graham Cracker
 Milk Choice

16

Salad **OR**
 Fish Strips (Crunchy Cornmeal)
 Mashed Potatoes
 Steamed Broccoli
 Ketchup
 Sliced Peaches
 Milk Choice

17

Baked Chicken
 Sweet Potatoes
 Seasoned Green Peas
 Homemade W.W. Roll
 Rice Crispy Treat
 Chilled Fruit
 Milk Choice

18

Pepperoni Pizza
 Steamed Corn
 Dark Green Salad w/ Dressing
 Chilled Pear Halves
 Milk Choice

19

**PARENT TEACHER
 CONFERENCES**

20

FALL BREAK

23

Salad **OR**
 Cajun Chicken Pasta
 Steamed Broccoli
 Tossed Salad w/ Dressing
 Graham Cracker
 Fresh Banana
 Milk Choice

24

Salisbury steak
 Steamed Rice w/ Gravy
 Green Beans
 Jell-O
 Homemade W.W. Roll
 Fruit Cocktail
 Milk Choice

25

Pepperoni Pizza
 Steamed Corn
 Dark Green Salad w/ Dressing
 Chilled Pear Halves
 Milk Choice

26

Turkey, Ham/ Cheese Po boy
 Lettuce, Tomato, Pickle Cup
 French Fries
 Ketchup / Mayo / Mustard
 Chilled Pear Halves
 Milk Choice

27

Hot Dog on Bun w/ Chili
 Baked Beans
 Ketchup/Mustard
 Graham Cracker
 Fresh Apple
 Milk Choice

30

Salad **OR**
 Red Beans w/ Sausage
 Steamed Rice
 Seasoned Mustard Greens
 Steamed Carrots
 Fresh Orange Wedges
 Milk Choice

31

NOTE: MENUS ARE SUBJECT TO CHANGE

Notification Statement: Peanuts and Peanut Products are not purchased for meals produced by the Central Community School System Child Nutrition Program; however, some products served may contain nuts and some products may be produced in plants that use nuts and may contain trace amounts of nuts.