

Central Community School System  
**October 2017**  
 Central Middle School Lunch Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Pizza OR**  
 Chicken Nuggets  
 Baked Beans  
 Steamed Carrots  
 Fresh Orange Wedge  
 Milk Choice

**2**

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

**3**

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

**4**

**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

**5**

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

**6**

**Pizza OR**  
 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**

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

**11**

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

**12**

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

**13**

**Pizza OR**  
 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**

**Salad OR**  
 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**

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

**25**

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

**26**

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

**27**

**Pizza OR**  
 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.**



**PAY FOR MEALS ONLINE**  
 MySchoolBucks.com