

January Lunch Menu

Central Middle School

Got Questions?

Contact Cheryl Witas @
708-614-4500 or email
cwitas@district146.org

Daily Lunch \$3.35 served
with choice of sides and
milk

Monday – Specialty Bar

Tuesday – Deli Bar
Boxcar Chicken Sandwich

Wednesday - Deli Bar
Turkey Bacon Club

Thursday – Deli Bar
Twister Wrap

Friday – Pasta Bar

Served Daily
Baked Chicken Sandwich
Spicy Chicken Sandwich
Yogurt Parfait Lunch

All of the above is served
with fruit and vegetables.

*GS= GLUTEN SAFE:
prepared without any wheat,
but not guaranteed gluten free

8 Burger Works Bar Asian Orange Chicken w/ Brown Rice or All Beef Hot Dog Baby Carrots & Ranch	9 Deli Bar Walking Taco's *GS (Nacho Cheese Doritos) or Mini Maple Pancakes w/ Cheese stick Refried Beans	10 Deli Bar Breakfast Booster Lunch French Toast Sticks w/ Turkey Sausage Links or Cheeseburger Potato Wedges	11 Deli Bar Chicken Noodle Soup w/Mini Turkey and Cheese Sub or All Beef Hot Dog Broccoli Florets & Ranch	12 Pasta Bar Stuffed Crust Pizza or Chicken Patty Sandwich Tossed Salad
15 NO SCHOOL 	16 Deli Bar Fiesta Chicken Nachos w/ Cheese Sauce *GS or Mini Maple Pancakes w/ Cheese stick Baby Carrots w/ Ranch	17 Deli Bar Cereal Fun Lunch Trix w/ Cheese Stick, Strawberry Yogurt, and Graham Cracker Bug Bites or Cheeseburger Celery Sticks w/ Ranch	18 Deli Bar Popcorn Chicken Bowl w/ Dinner Roll or All Beef Hot Dog Corn	19 Pasta Bar Bosco Sticks w/ Marinara Sauce or Chicken Patty Sandwich Broccoli Florets
22 Quesadilla Bar Chicken Nuggets w/ BBQ Sauce & Pretzel Twist or All Beef Hot Dog White Bean Salad	23 Deli Bar Penne Pasta w/ Turkey Meatballs or Mini Maple Pancakes w/ Cheese stick Romaine Salad	24 Deli Bar Chicken Taco's or Cheeseburger Seasoned Corn	25 Deli Bar Open Faced Roast Turkey Sandwich on Whole Grain Bread or All Beef Hot Dog **Carnival Cookie** w/ <u>Lunches</u> Green Beans	26 Pasta Bar French Bread Pizza or Chicken Patty Sandwich Grape Tomatoes
29 Panini Bar Chicken Parmesan Bowl or All Beef Hot Dog Green Beans	30 Deli Bar Corn Dog or Mini Maple Pancakes w/ Cheese stick Romaine Salad	31 Deli Bar Breakfast Booster Lunch Chicken and Waffles or Cheeseburger Potato Wedge	<p>— WELCOME —</p> <p>BACK TO SCHOOL</p>	