

# May / June Lunch Menu Central Middle School

**Have Questions?  
Contact Cheryl Witas**

**708-614-4500**

**or email**

[cwitas@district146.org](mailto:cwitas@district146.org)

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

**The last day for the  
Specialty Bars will  
be May 18th**

**Monday – Specialty Bar**

**Tuesday – Deli Bar  
Boxcar Chicken  
Sandwich**

**Wednesday - Deli Bar**

**Thursday – Deli Bar**

**Friday – Pasta Bar**

**Served Daily  
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**

	1 <b>Deli Bar</b> Walking Taco's w/ Doritos or Mini Maple Pancakes w/ Cheese stick  Corn	2 <b>Deli Bar</b> Turkey Sausage Wrapped Pancake Bites or Cheeseburger  Broccoli	3 <b>Deli Bar</b> Asian Orange Chicken or All Beef Hot Dog  Roasted Chickpeas	4 <b>Pasta Bar</b> Bosco Sticks w/ Marinara Sauce or Chicken Patty Sandwich  Tossed Salad
7 <b>Panini Bar</b>  Mac & Cheese w/ Biscuit or All Beef Hot Dog  Cauliflower Florets	8 <b>Deli Bar</b> Fiesta Turkey Tacos or Mini Maple Pancakes w/ Cheese stick  Vegetarian Refried Beans	9 <b>Deli Bar</b> Mini Chocolate Chip French Toast w/ Strawberry Yogurt & Cheese Stick or Cheeseburger  Baby Carrots	10 <b>Deli Bar</b> Orange Chicken Noodle Bowl or All Beef Hot Dog  Corn	11 <b>Pasta Bar</b>  NEW Handmade Cheese Pizza or Chicken Patty Sandwich  Romaine Salad
14 <b>Burger Bar</b>  Popcorn Chicken Bowl w/ Dinner Roll or All Beef Hot Dog  Broccoli Florets w/ Ranch Dip	15 <b>Deli Bar</b> Chicken Fajitas or Mini Maple Pancakes w/ Cheese stick  Seasoned Black Beans	16 <b>Deli Bar</b> Chicken and Waffles or Cheeseburger  Tater Tots	17 <b>Deli Bar</b> Cheddar Stuffed Pretzel Bosco Sticks w/ Cheese Sauce or All Beef Hot Dog  Grape Tomatoes	18 <b>Pasta Bar</b>  Personal Cheese Pizza or Chicken Patty Sandwich  Zucchini Coins
21 Chicken Nuggets w/ BBQ Sauce & Graham Cracker Bug Bites or All Beef Hot Dog  Grape Tomatoes	22 Chicken Nachos w/ Doritos or Mini Maple Pancakes w/ Cheese stick  Vegetarian Refried Beans	23 French Toast Sticks w/ Turkey Sausage Links or Cheeseburger  Potato Wedges	24 Chicken Alfredo Pasta or All Beef Hot Dog  Celery Sticks w/ Ranch Dip	25 NO SCHOOL
28 NO SCHOOL	29 Bean and Cheese Burrito w/ Cilantro Lime Rice or Mini Maple Pancakes w/ Cheese stick  Seasoned Black Beans	30 Cereal Fun Lunch Cocoa Puffs w/ Cheese Stick, Strawberry Yogurt and Graham Crackers or Cheeseburger  Curly Fries	31 Chicken and Cheese Quesadilla or All Beef Hot Dog or Chicken Bacon Ranch Wrap  Broccoli Florets w/ Ranch Dip	June 1 <sup>st</sup>  Chicken Patty Sandwich  Tossed Salad
June 4 <sup>th</sup>  Hamburger w/ Bun BBQ Baked Lays Apple				

