

August Breakfast/Lunch Menu Central Middle School



AUGUST BREAKFAST		23	24 First Day Strawberry Poptart (whole grain) w/cheese stick Choice of Fruit & Milk	25 Soft Apple Oatmeal Bar w/cheese stick Choice of Fruit & Milk
28 Cinnamon Frosted Poptart (whole grain) w/cheese stick Choice of Fruit & Milk	29 Soft Strawberry Oatmeal Bar w/cheese stick Choice of Fruit & Milk	30 Chocolate Chip Muffin w/cheese stick Choice of Fruit & Milk	31 Cinnamon Toast Crunch Snack Bag w/cheese stick Choice of Fruit & Milk	

AUGUST LUNCH: CENTRAL MIDDLE SCHOOL

<p><u>Additional daily lunch selections:</u></p> <p>Made to order deli- choice of meats, breads and toppings</p> <p>Oven Baked Chicken Filet Sandwich Spicy Chicken Filet Power Yogurt Parfait Lunch Protein Pack & Go Lunch</p>		23	24 First Day Fruit Loops, Turkey Sausage Breakfast Special or All Beef Hot Dog or Chicken Bacon Ranch Wrap Baked Potato Wedges Assorted Fresh Fruit Choice of Milk	25 Stuffed Crust Cheese Pizza or Cheeseburger or Hamburger Cucumber Slices Assorted Fresh Fruit Choice of Milk
28 Bosco Sticks w/marinara Or Mini Pancakes/cheese stick or Yogurt Parfait Lunch Fresh Broccoli & Dip Assorted Fresh Fruit Choice of Milk	29 Chicken Parmesan Bowl Or All Beef Hot Dog or Chicken Caesar Salad Celery Sticks & Dip Assorted Fresh Fruit Choice of Milk	30 Chicken Tacos or Classic Turkey Sandwich or Chicken Patty Sandwich Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk	31 Italian Meatball Submarine or All Beef Hot Dog or Chicken Bacon Ranch Wrap Three Bean Salad Assorted Fresh Fruit Choice of Milk	

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

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

DID YOU KNOW?

All of our beef is 100%- no soy or tvp
 Non of our ingredients contain pork or non kosher gelatin
 Our turkey meatballs are all turkey
 Hot Dogs are 100% beef
 We offer daily a variety of FRESH fruits & vegetables with lunch
 All grains, breakfast entrees, pastas, rice and tortillas are all whole grain