

September 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

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, and our bacon is 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

Daily lunch special options:

Monday: Fiesta Bar
 Tuesday: Toasted Submarine Sandwiches
 Wednesday: Boxcar Spicy Chicken Filet
 Thursday: Turkey Club (turkey bacon)
 Friday: Entrée Salad Bar

French Bread Pizza
 or
 Cheeseburger
 or
 Hamburger

Celery Sticks & Ranch
 Assorted Fresh Fruit
 Choice of Milk

<p>4</p> <p>NO SCHOOL LABOR DAY</p>	<p>5</p> <p>Pizza Burger or Mini Pancakes/cheese stick or Chopped Turkey Salad</p> <p>Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>6</p> <p>Double Turkey Tacos or Yogurt Parfait Lunch or Chicken Patty Sandwich Black Beans Assorted Fresh Fruit Choice of Milk</p>	<p>7</p> <p>Rotini Pasta w/Meatballs or All Beef Hot Dog or Chicken Bacon Ranch Wrap Tossed Salad & dressing Assorted Fresh Fruit Choice of Milk</p>	<p>8</p> <p>Stuffed Crust Pizza or Cheeseburger or Hamburger</p> <p>Broccoli & Dip Assorted Fresh Fruit Choice of Milk</p>
<p>11</p> <p>Bosco Sticks w/marinara or All Beef Hot Dog or Yogurt Parfait Lunch</p> <p>Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>12</p> <p>Chicken Parmesan Bowl or Mini Pancakes/cheese stick or Chopped Turkey Salad</p> <p>Chilled Peas Assorted Fresh Fruit Choice of Milk</p>	<p>13</p> <p>Chicken Tacos or Yogurt Parfait Lunch or Chicken Patty Sandwich</p> <p>Refried Beans Assorted Fresh Fruit Choice of Milk</p>	<p>14</p> <p>Italian Meatball Submarine or All Beef Hot Dog or Chicken Bacon Ranch Wrap Baked Potato Wedges Assorted Fresh Fruit Choice of Milk</p>	<p>15</p> <p>Personal Pan Pizza or Cheeseburger or Hamburger</p> <p>Celery Sticks & Dip Assorted Fresh Fruit Choice of Milk</p>
<p>18</p> <p>Jumbo Corn Dog or All Beef Hot Dog or Yogurt Parfait Lunch</p> <p>Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>19</p> <p>Pizza Burger or Mini Pancakes/cheese stick or Chopped Turkey Salad</p> <p>Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>20</p> <p>Double Turkey Tacos or Yogurt Parfait Lunch or Chicken Patty Sandwich</p> <p>Black Beans Assorted Fresh Fruit Choice of Milk</p>	<p>21</p> <p>Rotini Pasta w/Meatballs or All Beef Hot Dog or Chicken Bacon Ranch Wrap Tossed Salad & dressing Assorted Fresh Fruit Choice of Milk</p>	<p>22</p> <p>Stuffed Crust Pizza or Cheeseburger or Hamburger</p> <p>Broccoli & Dip Assorted Fresh Fruit Choice of Milk</p>
<p>25</p> <p>Chicken Nuggets w/Roll or All Beef Hot Dog or Yogurt Parfait Lunch</p> <p>Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>26</p> <p>Orange Chicken Rice Bowl or Mini Pancakes/cheese stick or Chopped Turkey Salad</p> <p>Chilled Peas Assorted Fresh Fruit Choice of Milk</p>	<p>27</p> <p>Turkey Nachos or Yogurt Parfait Lunch or Chicken Patty Sandwich</p> <p>Refried Beans Assorted Fresh Fruit Choice of Milk</p>	<p>28</p> <p>Cheese Ravioli w/Garlic Bread or All Beef Hot Dog or Chicken Bacon Ranch Wrap Baked Potato Wedges Assorted Fresh Fruit Choice of Milk</p>	<p>29</p> <p>Personal Pan Pizza or Cheeseburger or Hamburger</p> <p>Celery Sticks & Dip Assorted Fresh Fruit Choice of Milk</p>