

OCTOBER Lunch Menu

Central Middle School



<p>2 FIESTA BAR Chicken Tenders w/BBQ sauce or All Beef Hot Dog or Yogurt Parfait Lunch Cherry Tomatoes Assorted Fresh Fruit Choice of Milk</p>	<p>3 DELI BAR Quest Turkey Burger w/American Cheese or Mini Pancakes/cheese stick or Chopped Turkey Salad*GS Croutons & breadstick on side Broccoli & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>4 DELI BAR Popcorn Chicken Bowl or Classic Turkey & Cheese Sandwich or Cheeseburger Mashed Potatoes Assorted Fresh Fruit Choice of Milk</p>	<p>5 DELI BAR Fiesta Nachos Grande (w/cheesauce)*GS or All Beef Hot Dog or Chicken Bacon Ranch Wrap Seasoned Beans Assorted Fresh Fruit Choice of Milk</p>	<p>6 PASTA BAR French Bread Pizza or Chicken Patty Sandwich Celery Sticks & Ranch Assorted Fresh Fruit Choice of Milk</p>
<p>9 NO SCHOOL LABOR DAY</p>	<p>10 DELI BAR Pizza Burger or Mini Pancakes/cheese stick or Chopped Turkey Salad*GS Croutons & Breadstick on side Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>11 DELI BAR Double Turkey Tacos or Classic Turkey & Cheese Sandwich or Cheeseburger Black Beans Assorted Fresh Fruit Choice of Milk</p>	<p>12 DELI BAR 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>13 BURGER WORKS BAR Stuffed Crust Pizza or Chicken Patty Sandwich Broccoli & Dip Assorted Fresh Fruit Choice of Milk</p>
<p>16 FIESTA BAR Bosco Sticks w/marinara or All Beef Hot Dog or Yogurt Parfait Lunch Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>17 DELI BAR Chicken Parmesan Bowl or Mini Pancakes/cheese stick or Chopped Turkey Salad*GS Croutons & Breadstick on side Chilled Peas Assorted Fresh Fruit Choice of Milk</p>	<p>18 DELI BAR Chicken Tacos or Classic Turkey & Cheese Sandwich or Cheeseburger Refried Beans Assorted Fresh Fruit Choice of Milk</p>	<p>19 DELI BAR Oven Baked Chicken *GS or All Beef Hot Dog or Chicken Bacon Ranch Wrap Baked Potato Half Assorted Fresh Fruit Choice of Milk</p>	<p>20 No School</p>
<p>23 BURGER WORKS BAR Jumbo Corn Dog or All Beef Hot Dog or Yogurt Parfait Lunch Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>24 DELI BAR Pizza Burger or Mini Pancakes/cheese stick or Chopped Turkey Salad*GS Croutons & Breadstick on side Baby Carrots & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>25 DELI BAR Walking Tacos*GS or Classic Turkey Sandwich or Cheeseburger Black Beans Assorted Fresh Fruit Choice of Milk</p>	<p>26 DELI BAR Chicken Parmesan Bowl or All Beef Hot Dog or Chicken Bacon Ranch Wrap Tossed Salad & dressing Assorted Fresh Fruit Choice of Milk</p>	<p>27 PASTA BAR Stuffed Crust Pizza or Chicken Patty Sandwich Broccoli & Dip Assorted Fresh Fruit Choice of Milk</p>

30 **BURGER WORKS BAR**
Chicken Nuggets w/Roll
or
All Beef Hot Dog
or
Yogurt Parfait Lunch

Baby Carrots & Dip
Assorted Fresh Fruit
Choice of Milk

31 **DELI BAR-**
Happy Halloween
Monster Mash
Bowl
Or
Witches Hat & Broom
or
Graveyard Tomb Stones
Vampire Teeth *GS
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
 *GS= GLUTEN SAFE: prepared without any wheat, but not guaranteed gluten free
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