

# September 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 Specialty  
Bars Will  
Resume Monday  
September 10<sup>th</sup>**

**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**

3 NO SCHOOL HAPPY LABOR DAY	4 NO SCHOOL SCHOOL IMPROVEMENT DAY	5 Turkey Sausage Wrapped Pancake Bites or Cheeseburger  Baby Carrots w/ Ranch	6 Chicken Parmesan Sandwich or All Beef Hot Dog  Yellow Squash Coins	7 Cheese Pizza or Chicken Patty Sandwich  Romaine Salad
10 <b>Burger Bar</b> Popcorn Chicken Bowl w/ Dinner Roll or All Beef Hot Dog  Broccoli Florets w/ Ranch	11 Fiesta Chicken Nachos w/ Doritos or Mini Maple Pancakes w/ Cheese stick  Seasoned Black Beans	12 French Toast Sticks w/ Turkey Sausage Links or Cheeseburger  Red Pepper Strips	13 Asian Orange Chicken Bowl w/ Brown Rice or All Beef Hot Dog  Green Peas	14 Bosco Sticks w/ Marinara Sauce or Chicken Patty Sandwich  Tossed Salad
17 <b>Fiesta Bar</b> Chicken Tenders w/ BBQ Sauce or All Beef Hot Dog  Cauliflower w/ Ranch	18 Fiesta Turkey Tacos or Mini Maple Pancakes w/ Cheese stick  Vegetarian Refried Beans	19 Chicken and Waffles or Cheeseburger  Tater Tots	20 Pulled BBQ Chicken Sandwich or All Beef Hot Dog or  Broccoli Florets w/ Ranch	21 New Handmade Cheese Pizza or Chicken Patty Sandwich  Grape Tomatoes
24 <b>Wing Toss Bar</b> Chicken Pot Pie w/ Biscuit or All Beef Hot Dog  Green Beans	25 Fiesta Turkey Nachos w/ Cheese Sauce or Mini Maple Pancakes w/ Cheese stick  Seasoned Corn	26 Cereal Fun Lunch Fruit Loops w/ Cheese Stick, Strawberry Yogurt, & Graham Crackers or Cheeseburger  Carrot Coins w/ Ranch	27 Chicken Cordon Bleu (Chicken Patty, Turkey Ham, and White American Cheese) or All Beef Hot Dog  Roasted Garbanzo Beans	28 French Bread Pizza or Chicken Patty Sandwich  Romaine Salad