

# October 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**

**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 <sup>st</sup> <b>Burger Bar</b>  Popcorn Chicken Bowl w/ Dinner Roll or All Beef Hot Dog  Corn	2 <sup>n</sup> <b>Deli Bar</b>  Fiesta Chicken Nachos w/ Doritos or Mini Maple Pancakes w/ Cheese stick  Vegetarian Refried Beans	3 <sup>rd</sup> <b>Deli Bar</b>  French Toast Sticks w/ Turkey Sausage Links or Cheeseburger  Grape Tomatoes	4 <sup>th</sup> <b>Deli Bar</b>  3 Bean Turkey Chili *GS w/ Doritos or All Beef Hot Dog  Broccoli Florets w/ Ranch	5 <sup>th</sup> <b>Pasta Bar</b>  Personal Cheese Pizza or Chicken Patty Sandwich  Tossed Salad
8 <sup>th</sup>  NO SCHOOL COLUMBUS DAY	9 <sup>th</sup> <b>Deli Bar</b>  Chicken Fajitas or Mini Maple Pancakes w/ Cheese stick  Seasoned Black Beans	10 <sup>th</sup> <b>Deli Bar</b>  Turkey Sausage Wrapped Pancake Bites or Cheeseburger  Baby Carrots w/ Ranch	11 <sup>th</sup> <b>Deli Bar</b>  Chicken Parmesan Sandwich or All Beef Hot Dog  Yellow Squash Coins	12 <sup>th</sup> <b>Pasta Bar</b>  Stuffed Crust Cheese Pizza or Chicken Patty Sandwich  Romaine Salad
15 <sup>th</sup> <b>Wing Bar</b>  Chicken Grinder or All Beef Hot Dog  Broccoli Florets w/ Ranch	16 <sup>th</sup> <b>Deli Bar</b>  Fiesta Chicken Nachos w/ Doritos or Mini Maple Pancakes w/ Cheese stick  Vegetarian Refried Beans	17 <sup>th</sup> <b>Deli Bar</b>  French Toast Sticks w/ Turkey Sausage Links or Cheeseburger  Potato Smiles	18 <sup>th</sup> <b>Deli Bar</b>  Asian Orange Chicken Bowl w/ Brown Rice or All Beef Hot Dog  Green Beans	19 <sup>th</sup>  NO SCHOOL  SCHOOL IMPROVEMENT DAY
22 <sup>nd</sup> <b>Fiesta Bar</b>  Chicken Nuggets w/ BBQ Sauce & Graham Crackers or All Beef Hot Dog Cauliflower w/ Ranch	23 <sup>rd</sup> <b>Deli Bar</b>  Corn Dog w/ Graham Crackers or Mini Maple Pancakes w/ Cheese stick  Seasoned Black Beans	24 <sup>th</sup> <b>Deli Bar</b>  Chicken and Waffles or Cheeseburger  Potato Wedges	25 <sup>th</sup> <b>Deli Bar</b>  .Chicken Quesadilla or All Beef Hot Dog  Broccoli Florets w/ Ranch	26 <sup>th</sup> <b>Pasta Bar</b>  Bosco Sticks Or Chicken Patty Sandwich  Grape Tomatoes
29 <sup>th</sup> <b>Panini Bar</b>  Mac & Cheese w/ Dinner Roll or All Beef Hot Dog  Green Beans	30 <sup>th</sup> <b>Deli Bar</b>  Fiesta Turkey Nachos w/ Cheese Sauce or Mini Maple Pancakes w/ Cheese stick  Seasoned Corn	31 <sup>st</sup> <b>Deli Bar</b>  Cocoa Puffs w/ Cheese Stick, Strawberry Yogurt, & Graham Crackers or Cheeseburger  Carrot Coins w/ Ranch		