



CENTER MIDDLE/HIGH SCHOOL BREAKFAST/LUNCH MENU MAY 2010



Pizza

Cheese Pizza and a Specialty Pizza available daily.

Chicken Sandwiches

Grilled Chicken
Breaded Chicken
Hot & Spicy Chicken

Burgers

Hamburgers & Cheeseburgers
Available Daily

All are served with a choice of vegetable, fruit and milk.



Hoagies & Wraps

Italian Hoagies,
Ham & Turkey Wraps prepared with a variety of flour tortillas.
Each Deli Entrée is served with choice of vegetable, fruit and milk.

SALAD BAR

The Salad Bar is available daily & offers a variety of fresh vegetables, cheese, & assorted salad toppings.
Low Fat & Reduced Calorie Dressings are also available.

All Salads offered daily with a choice of bread, fruit, and low fat milk.

Food Service Director

Debbie Fontana
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- 5/3—Gyro on Pita, French Fries, Glazed Carrots
- 5/4—Sweet & Sour Chicken over rice, Steamed Broccoli, Apple Crisp
- 5/5—Pasta w/ Meat Sauce, Whole wheat roll, Tossed Salad
- 5/6—Chicken Fajita, Tator Tots, Seasoned Green Beans
- 5/7 - Nacho Grande, Buttered Corn, Juice Bar

- 5/10—Beef Tacos w/ fixings, Steamed Rice, Glazed Carrots
- 5/11— Chicken Rings w/ Breadstick, French Fries, Steamed Peas, Jell-o w/ topping
- 5/12 -Roast Turkey w/ Gravy, Whipped Potatoes, Bread Stuffing, Dinner Roll, Seasoned Corn
- 5/13—Pizza Sticks w/ dipping sauce, Noodles, Seasoned Green Beans, Sherbet
- 5/14 - No School

- 5/17 - Chicken Strips w/ Roll, Tator Tots, Glazed Carrots
- 5/18—Nacho Grande, Buttered Corn, Pudding w/topping
- 5/19—Pasta w/ meatballs, Garlic Bread, Tossed Salad
- 5/20—Sweet & Sour Chicken over rice, Dinner Roll, Glazed Carrots
- 5/21— Fish Sandwich, Macaroni & Cheese, Steamed Broccoli, Juice Bar

- 5/24- Gyro w/ lettuce, tomatoes & sauce, Tator Tots, Seasoned Peas
- 5/25—Popcorn Chicken, Whipped Potatoes w/ gravy, Bread Stick, Corn, Jell-o w/ topping
- 5/26 - Turkey & Bows, Glazed Carrots, Dinner Roll
- 5/27 - Chicken Salad , Wheat Roll, French Fries
- 5/28 —Pizza Sticks w/ dipping sauce, Mashed Potatoes w/ gravy, Seasoned Green Beans, Juice Bar

- 5/31 - No School, Memorial Day
- 6/1 - Chicken Nuggets, French Fries, Dinner Roll, Peas, Fruit Juice Bar
- 6/2 - Soft or Hard Tacos, Steamed Rice, Glazed Carrots
- 6/3 - Hot Dog w/ The fixings, Curly Fries, Steamed Broccoli
- 6/4 - Popcorn Chicken Bowl, Mashed Potatoes w/ Gravy, Seasoned Corn, Cookie

Each entrée served with choice of bread, vegetable, fruit, 100% fruit juice & reduced fat milk.

Fresh fruit & fresh vegetable varieties available daily.



Available daily:
Assorted Whole Grain Cereal with Toast
Or
Healthier Breakfast Pastries Choices

Daily Specialties:

French Toast Sticks w/ Syrup
Sausage Cheese Muffin
Breakfast Pizza
Flapstick
Bagel w/ Toppings

Breakfast is served with choice of Fruit, 100% Fruit Juice and Low Fat Milk

Breakfast Price

**Paid \$1.25 Reduced \$0.30
Adult \$2.25**

All menu items are subject to change.



We offer 1% White, Skim, and Low Fat flavored milk daily.

Lunch Prices- Paid: \$2.00
Reduced \$0.40
Adult \$3.25