



Monday

6

Chicken Chili Crispito w/ Molcajete Salsa
-or- Fresh Variety Bagel w/ Cream Cheese
Side: Strawberry Banana Smoothie
Mandarin Chicken Bowl with Fresh Vegetables
-or- Chicken Strip Meal w/ Tater Tots
-or- Kickin Tenders Meal
-or- Spicy Chicken Wrap
Side: Various Vegetable Juice

Tuesday

7

Turkey Breakfast Square
-or- Variety Fresh Baked Muffin
Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream
-or- Beef Burrito
-or- Roasted Turkey Sandwich

Wednesday

8

Pancake Pup w/ Pork Sausage
-or- Ham & Cheese Croissant
Chicken Pasta Alfredo w/ Garlic Breadstick
-or- Grilled Cheese w/ Tortilla Soup
-or- Beef & Pork Pepperoni Pizza
-or- Cheese Pizza
Side: Yakisoba Noodle Salad w/ Sesame Dressing

Thursday

9

Chicken Chili Crispito w/ Molcajete Salsa
-or- Fresh Variety Bagel w/ Cream Cheese
Cheeseburger w/ Tater Tots
-or- Corn Dog w/ Tater Tots
-or- Spicy Chicken Wrap
Side: Yakisoba Noodle Salad w/ Sesame Dressing

Friday

10

Ham & Cheese Croissant
-or- Fresh Baked Variety Muffin
Spicy Chicken Sandwich w/ Potato Wedges
-or- Teriyaki Chicken Legs w/ Chow Mein
-or- Roasted Turkey Sandwich
Side: Yakisoba Noodle Salad w/ Sesame Dressing

13

Turkey Breakfast Square
-or- Fresh Variety Bagel w/ Cream Cheese
Side: Strawberry Banana Smoothie
Mandarin Chicken Bowl with Fresh Vegetables
-or- Chicken Strip Meal w/ Tater Tots
-or- Kickin Tenders Meal
-or- Spicy Chicken Wrap
Side: Various Vegetable Juice

14

Chicken Chili Crispito w/ Molcajete Salsa
or- Variety Fresh Baked Muffin
Spicy Chicken Sandwich w/ Potato Wedges
-or- Carnitas Burrito
-or- Roasted Turkey Sandwich
Side: Yakisoba Noodle Salad w/ Sesame Dressing

15

Pancake Pup w/ Pork Sausage
-or- Ham & Cheese Croissant
Beef Bolognese Pasta
-or- Grilled Cheese w/ Tortilla Soup
-or- Beef & Pork Pepperoni Pizza
-or- Cheese Pizza
Side: Yakisoba Noodle Salad w/ Sesame Dressing

16

Chicken Chili Crispito w/ Molcajete Salsa
-or- Fresh Variety Bagel w/ Cream Cheese
Cheeseburger w/ Tater Tots
-or- Corn Dog w/ Tater Tots
-or- Spicy Chicken Wrap
Side: Yakisoba Noodle Salad w/ Sesame Dressing

17

Ham & Cheese Croissant
-or- Fresh Baked Variety Muffin
Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream
-or- Mac & Cheese Chicken Bowl
-or- Roasted Turkey Sandwich
Side: Harvest Cheddar Sun Chips

Select Sites - Additional Menu Items

Alternating Weekly:

Week of 1/06 (M-F):

Southwest Chicken Salad

Week of 1/13 (M, W, F):

Chicken Caesar Salad;

(Tu + Thurs): Turkey Pita Wrap

All meals include: Fat-free, low-fat or lactose-free milk choices.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.

Lunch options: Listed entrée or a Sunbutter Sandwich meal with sides.

Various seasonal fruit offerings available for breakfast and lunch.

Vegetarian:



Soil Born Farms organic lettuces featured in local Seasonal Side Salads



Monday

Tuesday

Wednesday

Thursday

Friday



Bee Sweet Citrus grows blood oranges that are bright, sweet, and bursting with flavor, making them a perfect snack. These juicy treats provide a healthy dose of Vitamin C and can make you feel sunny and cheerful after every bite!

21

21
Chicken Chili Crispito w/ Molcajete Salsa
or- Variety Fresh Baked Muffin

Spicy Chicken Sandwich w/ Potato Wedges
-or- Beef Burrito
-or- Roasted Turkey Sandwich
Side: Yakisoba Noodle Salad w/ Sesame Dressing

22

Pancake Pup w/ Pork Sausage
-or- Ham & Cheese Croissant

Chicken Pasta Alfredo w/ Garlic Breadstick
-or- Grilled Cheese w/ Tortilla Soup
-or- Beef & Pork Pepperoni Pizza
-or- Cheese Pizza
Side: Yakisoba Noodle Salad w/ Sesame Dressing

23

Chicken Chili Crispito w/ Molcajete Salsa
-or- Fresh Variety Bagel w/ Cream Cheese

Cheeseburger w/ Tater Tots
-or- Corn Dog w/ Tater Tots
-or- Spicy Chicken Wrap
Side: Yakisoba Noodle Salad w/ Sesame Dressing

24

Ham & Cheese Croissant
-or- Fresh Baked Variety Muffin
Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream
-or- Teriyaki Chicken Legs w/ Chow Mein
-or- Roasted Turkey Sandwich
Side: Harvest Cheddar Sun Chips

27

Turkey Breakfast Square
-or- Chef's Choice

Chef's Choice
-or- Beef & Pork Pepperoni Pizza
-or- Cheese Pizza
-or- Spicy Chicken Wrap
Side: Harvest Cheddar Sun Chips

28

Chicken Chili Crispito w/ Molcajete Salsa
-or- Chef's Choice

Lemon Pepper Chicken Wings w/ Cornbread
-or- Beef CrispUps
-or- Chicken Caesar Salad
Side: Various Vegetable Juice

29

Breakfast Burrito
-or- Chef's Choice

Chicken Pasta Alfredo w/ Garlic Breadstick
-or- Spicy Chicken Sandwich
-or- Roasted Turkey Sandwich
Side: House Salad

30

30
Chicken Chili Crispito w/ Molcajete Salsa
-or- Chef's Choice
Cheeseburger w/ Tater Tots
-or- Chef's Choice
-or- Chicken Caesar Salad
Side: House Salad

31

Breakfast Chicken Slider & Potato Bites
-or- Pancake Pup w/ Pork Sausage
Beef Burrito
-or- Teriyaki Chicken Legs w/ Chow Mein
-or- Spicy Chicken Wrap
Side: House Salad

Select Sites - Additional Menu Items

Alternating Weekly:

Week of 1/20 (M-F):

Southwest Chicken Salad

Week of 1/27 (M, W, F):

Chicken Caesar Salad;

(Tu + Thurs): Turkey Pita Wrap

thecentralkitchen.org
High School Menu

All meals include: Fat-free, low-fat or lactose-free milk choices.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.

Lunch options: Listed entrée or a Sunbutter Sandwich meal with sides.

Various seasonal fruit offerings available for breakfast and lunch.

Vegetarian:



Soil Born Farms organic lettuces featured in local Seasonal Side Salads