



Central Elementary School

OCTOBER 2017 LUNCH

2
Pancakes & Chicken Sausage Patty
BBQ Pulled Pork Sandwich
Ham & Cheese Sandwich
Hot Vegetable:
Tater Bites
Broccoli Florets

3
Oven-Fried Fish Sticks w/Mac & Cheese
Chicken Nuggets w/ Breadstick
Chicken Caesar Salad
Hot Vegetable:
Green Beans
Carrot Sticks
Cookie!


4
Chicken Fajitas w/ Onions & Peppers
Toasted Cheese Sandwich
Turkey Wrap
Hot Vegetable:
Sweet Potato Fries
Celery & Carrot Sticks

5
Chicken Corn Dog
Chicken Nachos w/ Refried Beans
Cobb Salad w/ Ham & Turkey
Hot Vegetable:
BBQ Black Beans
Celery Sticks

6
COUNTY INSTITUTE...

NO SCHOOL

9
COLUMBUS DAY
NO SCHOOL



F
Rotini Pasta w/ Meatsauce
Hot Dogs
Chicken Caesar Salad
Hot Vegetable:
Green Beans
Carrot Sticks
Cookie!

11
Broccoli & Cheese Stuffed Baked Potato
Chicken Nuggets w/ Breadstick
Turkey Wrap
Hot Vegetable:
Steamed Carrots
Celery Sticks

12
Chili Cheese Fries w/ Santa Fe Rice
Cheeseburgers
Cobb Salad w/ Ham & Turkey
Hot Vegetable:
Baked Beans
Celery & Carrot Sticks

13
Pepperoni Pizza
Chicken Patty Sandwich
Chicken "Ham" & Cheese Sub
Hot Vegetable:
Steamed Broccoli
Tomato Wedges

16
Meatloaf w/Brown Gravy And Flatbread
Popcorn Chicken w/ Breadstick
Ham & Cheese Sandwich
Hot Vegetable:
French Fries
Tomato Wedges

17
Popcorn Chicken Bowl w/Breadstick
Sloppy Joe Sandwich
Chicken Caesar Salad
Hot Vegetable:
California Blend
Celery & Carrot Sticks
Cookie!

18
Penne Pasta Lasagna
Chicken Corn Dog
Turkey Wrap
Hot Vegetable:
Sweet Potato Fries
Celery Sticks

HAPPY BIRTHDAY TREAT!!

19
Chicken Nachos w/ Tater Bites & Chips
Ham & Cheese Melt
Cobb Salad w/ Turkey
Hot Vegetable:
Campfire Pinto Beans
Carrot Sticks

20
Cheese Pizza
Fish & Cheese Melt
Chicken "Ham" & Cheese Sub
Hot Vegetable:
Steamed Broccoli
Carrot Sticks

23
Mozzarella Sticks w/ Marinara Sauce
Chicken & Cheese Melt
Ham & Cheese Sandwich
Hot Vegetable:
Corn
Broccoli Florets

24
Cheeseburger Rolletto
Toasted Cheese Sandwich
Chicken Caesar Salad
Hot Vegetable:
Green Beans & Carrots
Carrot Sticks
Cookie!

25
Orange Chicken & Broccoli Stir Fry w/ Rice
Chicken Nuggets w/ Breadstick
Turkey Wrap
Hot Vegetable:
Sweet Tater Bites
Celery & Carrot Sticks

26
Spaghetti Carbonara w/ Chicken
Meatball Sub Sandwich
Cobb Salad w/ Ham & Turkey
Hot Vegetable:
BBQ Black Beans
Celery Sticks

27
NO SCHOOL!

30
Salisbury Steak w/ Parsley Noodles
Cheese Bosco Sticks w/ Marinara Sauce
Ham & Cheese Sandwich
Hot Vegetable:
Peas & Carrots
Tomato Wedges

31
Chicken Nugget Bowl w/ Dinner Roll
Turkey & Cheese Mel
Chicken Caesar Salad
Hot Vegetable:
Sweet Potato, Caribbean Style
Corn
Cookie!



Served Daily!!
PBJ Sandwich, Variety of Fresh Fruits. Assorted Milk & Juice.
Student Lunch \$2.30
Adult Lunch \$2.60 Milk \$.55

NATIONAL SCHOOL LUNCH WEEK:
October 9th – 13th
DON'T FORGET COOKIE TUESDAYS!
ARAMARK OFFICE: 618.632.3507, EXT 1690
Menu subject to change.