



Don't forget to eat your vegetables.

# Central Intermediate Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

January 2018

## MONDAY

New Year's Day

1

No School

## TUESDAY

No School

2

No School

## WEDNESDAY

National Bean Day

3

Chicken Patty on Whole Grain Bun

Hamburger on a Bun

PB&J Sandwich

## THURSDAY

Hot Ham & Cheese Flatbread

Yogurt Pak with Pretzel Bites

PB&J Sandwich

## FRIDAY

Cheese Pizza

Ham Deli Sub

PB&J Sandwich

National Apricot Day

8

Pancakes  
Sausage Patty

Turkey Deli Sub

PB&J Sandwich

Hashbrown Potatoes

Crispy Chicken Nuggets  
Cornbread

Chef Salad

PB&J Sandwich

Sweet Potato Fries  
Cinnamon Sweet-Apples

Toasted Cheese Sandwich  
Tomato Soup

Mini Corn Dogs

PB&J Sandwich

\*\*Birthday Cake\*\*

Pizza Dippers  
Pizza Sauce

Hamburger on a Bun

PB&J Sandwich

Roast Turkey & Gravy  
Whole Grain Dinner Roll

Ham Deli Sub Sandwich

PB&J Sandwich

Mashed Potatoes

Chicken Patty on Whole Grain Bun

Pizza Slider

PB&J Sandwich

Kettle Potato Chips

Italian Stromboli  
Marinara Sauce

Turkey Deli Sandwich

PB&J Sandwich

Hotdog on a Bun  
with a cup of Chili

Chef Salad

PB&J Sandwich

Chicken Bacon Ranch Melt

Yogurt Pak with Pretzel Bites

PB&J Sandwich

No School

No School

No School

No School

Sweet & Sour Chicken  
Brown Rice

Turkey BLT Salad

PB&J Sandwich

Cheese & Pepperoni Flatbread

Turkey Deli Sandwich

PB&J Sandwich

\*\*Lemon Bar\*\*

Pasta with Meat Sauce  
Bread Stick

Chicken Patty on Whole Grain Bun

PB&J Sandwich

Chicken Nugget Basket  
Whole Grain Dinner Roll

Fish Sandwich Basket

PB&J Sandwich

Golden French Fries

HOM Ginger

Crispy Chicken Nuggets  
Whole Grain Dinner Roll

Ham Deli Sub Sandwich

PB&J Sandwich

Mashed Potatoes & Gravy

Cheese Pizza

Yogurt Pak with Bagel

PB&J Sandwich

Walking Taco  
Lettuce, Tomato, Cheese

Chef Salad

PB&J Sandwich



Choose **MyPlate.gov**



## PRICES

Elementary	\$2.25
Reduced	\$0.40
Adult	\$3.50
Milk Only	\$0.50

## HARVEST OF THE MONTH



## EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with Lunch.  
 Entree Salads are served with Dinner Roll  
 For questions or comments, contact the Food Service Director at 715-365-9547

