










# January Central Elementary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>No School</b>  <b>Teacher Professional day</b>	3 <b>B</b> -Aloha muffin, grapes, and cereal <b>L</b> -Pig in a blanket, potato wedge, broccoli with cheese, 1/2 apple and pumpkin bar	4 <b>B</b> - Star spangled pancakes, sausage links and juice <b>L</b> - Chicken wrap with lettuce and tomato, spanish rice, steamed carrots and tropical fruit	5 <b>B</b> - Whole wheat bagel, and 1/2 orange <b>L</b> -Spaghetti, garden salad, garlic bread and peaches	6 <b>B</b> - Breakfast pita, hash browns and kiwi <b>L</b> -Taco salad, whole grain corn chips, refried beans, pineapple rings and cinnamon puff	7
8	9 <b>B</b> -Cereal bar, string cheese and fresh citrus fruit <b>L</b> -Chicken nuggets, mashed potatoes, gravy, fresh broccoli, wheat roll and strawberries/bananas	10 <b>B</b> -French toast sticks and strawberries/bananas <b>L</b> -Hamburger with lettuce and pickle, sweet potato fries, fruit cocktail and rice crispy bar	11 <b>B</b> - Western omelet, potato rounds and fresh pear <b>L</b> -Chili, celery and cucumbers, whole grain corn chips, cinnamon roll and orange smiles	12 <b>B</b> - Coffee cake, sunrise smoothie and graham crackers <b>L</b> -Pork rib, tri tator, corn, kiwi and cherry crisp	13 <b>B</b> - Biscuits and gravy, apricots and juice <b>L</b> -Mac and cheese with smokies, seasoned peas, baby carrots, whole wheat bread and apple wedges	14 
15 	16 <b>B</b> -Oatmeal breakfast round and 1/2 banana <b>L</b> -Sausage pizza, tossed salad, garlic bread stick and 1/2 banana	17 <b>B</b> -Whole grain waffles, sausage links and mandarin oranges <b>L</b> -Hot ham and cheese, potato, fresh broccoli, fresh grapes and chocolate pudding	18 <b>B</b> - Breakfast sundae raisins and juice <b>L</b> -Taco burger with lettuce and cheese, black bean and corn salad, whole grain corn chips, sliced pears and chocolate chip cookies	19 <b>B</b> - Breakfast pizza and mixed fruit <b>L</b> -Italian pasta bake, green peppers/baby carrots, wheat bread and royal brownie	20 <b>B</b> - Breakfast bake, toast and grapes <b>L</b> -Chicken patty, mashed potatoes and gravy, wheat roll and orange wedge	21
22	23 <b>B</b> - Pumpkin choc. Chip muffin, cereal and 1/2 orange <b>L</b> -Beef and bean burrito with lettuce, mexican corn, whole corn chip and honey apple crisp	24 <b>B</b> -Pancake on a stick, tri-tator and juice <b>L</b> -Stomboli, green beans, carrots and strawberry shortcake	25 <b>B</b> - Blueberry bubble bread and peaches <b>L</b> - BBQ beef, cheesy potatoes, baked beans orange smiles and oatmeal cookie	26 <b>B</b> -Biscuit sandwich and rosy applesauce <b>L</b> -turkey and cheese sub with lettuce, oven fries, sliced peaches and graham crackers	27 <b>B</b> -Egg taco, yougurt cup and pineapple chunks <b>L</b> -Country style beef pattie, mashed potatoes, gravy, california blend, wheat roll and 1/2 banana	28 
29 	30 <b>No School</b> <b>Teacher professional day</b>	31 <b>B</b> -Breakfast lasagne and fruit cocktail <b>L</b> -Chicken and noodles, mashed potatoes, green beans, wheat roll and orange wedges				

A choice of 1%, or Chocolate Milk is served with every meal.

Menus are subject to change based on availability

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\*\* = All meals should be paid for in advance. Students are only allowed to charge \$15.00