

# August 2010

# Central Heights School Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Enrollment	4	5	6	7
8	9	10	11	12	13	14
15	16 <b>Welcome Back!!!!</b>	17 <u>Cereal /Graham crackers</u> Taco Salad Lettuce & Tomatoes Corn Pineapple Tidbits	18 <u>Cereal &amp; Poptart</u> Chicken Nuggets Mash Potatoes/ Gravy Carrots Peaches Roll	19 <u>Oatmeal bar/ Yogurt</u> Ribette / Bun Fries Green Beans Pears	20 <u>Funnel Cakes</u> Mac-n-Cheese Lil Smokies Peas Roll Fruit Cocktail	21
22	23 <u>Breakfast Burrito</u> Beef Fingers Mash Potatoes/ Gravy Mixed Veggies Peaches Roll	24 <u>Breakfast Bites</u> Crispito Refried Beans Corn Applesauce	25 <u>Bagelers</u> Spaghetti Spinach/ Green Beans Pineapple Rings Italian Bread	26 <u>Pizza</u> Hamburger / Bun Fries Apricots Baked Beans Milkshakes!!	27 <u>Streusel cake/ Yogurt</u> Chicken Tenders Mash Potatoes/ Gravy Peas & Carrots Fruit Cup Roll	28
29	30 <u>Pancake Sausage Stick</u> Pork Fritter Mash Potatoes/ Gravy Carrots Applesauce Roll	31 <u>Bacon/ Egg/ Biscuit</u> Pizza Fresh Veggies Green Beans Peaches Pudding	<b>This Menu Is Subject To Change!</b>	Cereal & graham crackers, 100% fruit juice are offered at Breakfast!!	Milk choices are Skim Chocolate, 1% White, & Skim Strawberry!	