

# Centennial Middle School

SEP 2-6, 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge. Menu is subject to change.



**Fruits & Vegetables offered daily with lunch choices.**

A variety of fruits & vegetables are offered, including locally grown produce when in season. Low fat or fat free milk & 100% juice included with all meals.

## A Variety of Favorites Asian Week!



- MONDAY No School
- TUESDAY Deli Bistro Boxes
- WEDNESDAY Chicken Nuggets with Mashed Potatoes and Gravy and Dinner Roll
- THURSDAY Orange or Sweet and Sour Chicken with Fried Rice and Sesame Carrots or Broccoli Sweet and Sour Chicken or Teriyaki Pulled Pork with Fried Rice, Broccoli and Sesame Carrots
- FRIDAY

**V**

## Hot and Cold Breakfast Entrees Cereal, cheese stick, fruit, milk and juice offered daily



- MONDAY No School
- TUESDAY Yogurt Parfait or Muffin
- WEDNESDAY French Toast Sticks or Cinnamon Bagel
- THURSDAY Egg and Cheese English Muffin or Muffin
- FRIDAY Cinnamon Rolls or Muffin



## Burgers & Grill Burgers & chicken sandwiches with fries or tater tots offered daily

- MONDAY No School
- TUESDAY Corn Dog
- WEDNESDAY Grilled Cheese
- THURSDAY Hot Dog
- FRIDAY Chicken Nuggets



## Pizza, Flatbread or Stromboli Cheese & pepperoni pizzas with Caesar salad offered daily

- MONDAY No School
- TUESDAY Supreme Pizza
- WEDNESDAY Sausage Pizza
- THURSDAY Buffalo Chicken Pizza
- FRIDAY Hawaiian Pizza

**V Vegetarian**  
**SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.



# Cenntennial Middle School

SEP 9-13, 2019

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**Fruits & Vegetables offered daily with lunch choices.**

A variety of fruits & vegetables are offered, including locally grown produce when in season. Low fat or fat free milk & 100% juice included with all meals.

## A Variety of Favorites

*Mexican Week!*



- MONDAY Variety of Bistro Boxes
- TUESDAY Variety of Bistro Boxes
- WEDNESDAY Popcorn Chicken Bowl with Mashed Potatoes, Corn and Gravy
- THURSDAY Build Your Own Burrito or Nacho's
- FRIDAY Soft Tacos or Nacho's

**V**

## Hot and Cold Breakfast Entrees

**SP** *Cereal, cheese stick, fruit, milk and juice offered daily*



- MONDAY Chocolate Chip Breakfast Cookie or Bagel
- TUESDAY Cheesy Eggs and Toast or Yogurt Parfait
- WEDNESDAY French Toast Sticks or Muffin
- THURSDAY Breakfast Sandwich or Bagel
- FRIDAY Cinnamon Rolls or Muffin



## Burgers & Grill

*Burgers or chicken sandwiches with fries or tots offered daily*

- MONDAY BBQ Rib Sandwich
- TUESDAY Corn Dog
- WEDNESDAY Grilled Cheese
- THURSDAY Hot Dog
- FRIDAY Chicken Nuggets

**V**



## Pizza, Flatbread & Stromboli

*Cheese & pepperoni pizzas with Caesar salad offered daily*

- MONDAY BBQ Chicken Pizza
- TUESDAY Supreme Pizza
- WEDNESDAY Sausage Pizza
- THURSDAY Buffalo Chicken Pizza
- FRIDAY Hawaiian Pizza

**V Vegetarian**

**SP Smart Pick**

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