the Central A & Central A & refresh. refuel. relax. Central A & M Middle School May 2017

M-Chicken Fried Steak S-Baja Salad D-Ham & Cheese Sandwich Corn/Broccoli Fresh Fruit/Mixed Fruit

Banana Muffin

M-Spaghetti w/meat sauce S-Taco Salad D-Turkey Wrap Green Beans/Tomatoes Fresh Fruit/Peaches

Egg Omelet

M-Beef Soft Tacos S- Ham/Turkey Chef Salad D-Chicken Salad Sandwich Carrots/Cucumber Slices Fresh Fruit/Pears

Cinnamon Breakfast Round

Ham & Cheese Biscuit

M-Chicken & Noodles S-Nacho Salad D-Ham & Cheese Sandwich Mashed Potatoes/Celery Fresh Fruit/Applesauce

Cinnamon Roll

M-General Tso's Chicken S-Chicken Caesar Salad D-Turkey & Cheese Sandwich Broccoli/Baby Carrots Fresh Fruit/Juice

Waffle

M-Meatloaf w/gravv S-Nacho Salad D-Cheese Wrap Mashed Potatoes/Tomatoes Fresh Fruit/Mixed Fruit

Breakfast Pizza

M-Chicken Popcorn Bowl S-Ham Chef Salad D-Egg Salad Wrap Corn/Cucumber Slices Fresh Fruit/Peaches

10

Blueberry Muffin

M-BBQ Rib Sandwich S-Ham/Turkey Cobb Salad D-Ham & Turkey Sandwich Carrots/Celery Fresh Fruit/Juice

Mini Crunch Bagel

M-Beef Nachos S-Chicken Ranch Salad D-Ham & Cheese Sandwich Baked Beans/Baby Carrots Fresh Fruit/Applesauce

12

Glazed Cinnamon Roll

M- Grilled Cheese w/tomato soup S-Taco Salad D-Turkey & Cheese Wrap Peas/Broccoli Fresh Fruit/Pineapple Tidbits

15

Chocolate Muffin

M-Pizza Sticks S-Chicken Chef Salad D-Ham & Cheese Sandwich Corn/Fresh Broccoli Fresh Fruit/Mixed Fruit

16

Lumberjack

M-Mini Corn Dogs S-Ham & Turkey Chef Salad D-Chicken Salad Wrap Carrots/Side Salad Fresh Fruit/Peaches

17

Egg Omelet

French Fries/Celery Fresh Fruit/Pears

Daily Special

18

Muffin

Cookout Hamburger/Hotdog Chips Fruit Icee Milk

19

22

23

24

25

26

29

30

31

Breakfast Offered Daily

Fruit & 100% Fruit Juice served daily Cereal Option Glazed, Powered, Sugar Cinnamon Donut offered MWF

White, Chocolate and Strawberry Milk offered at Breakfast and Lunch

Lunch Served Daily

Variety of Fruits & Vegetables served daily

SB&J, Chicken Patty Baked Fries- Mon, Tues & Thurs Homemade Pepperoni & Cheese Pizza- Wed & Fri

This institution is an equal opportunity provider.

Menu subject to change

