



October 2026

Central A&M Middle School MENU

Monthly Limited Time Offer

Southwest Crunch Burger

October 20th & 22nd

Powering potential.™

Offered Daily @ Breakfast

- Fresh Fruit
- 1% White Milk or Chocolate Milk
- 100% Fruit Juice
- Assorted Cereals
- Pop-Tarts
- Donuts
- Benefit Bars
- Breakfast Bread
- Mini Strawberry Bagels
- Muffins

Offered Daily @ Lunch

- Pizza
- Cheeseburger
- Chicken Sandwich
- Spicy Chicken Sandwich
- Sun Butter & Jelly Sandwich
- Salad or Lunch Pack
- Tots or Fries
- MTO Mexican Bar

MON	TUES	WED	THURS	FRI
			1 Egg & Cheese Croissant A. French Toast Sticks w/ Sausage Patties B. Grilled Cheese C. Chicken Mac & Cheese Pizza	2 Homemade Apple Cinnamon Muffin Square A. Tater Tot Nachos B. Chicken Tenders C. Variety Pizza
5 Pancakes A. Cheese Pizza Max Sticks B. Mc. Ribb C. Cheese Pizza	6 Breakfast Burrito A. BBQ Pork Sandwich B. Bean & Cheese Burrito C. Pepperoni Pizza	7 Bagel w/ Grape Jelly A. Popcorn Chicken Bowl B. BBQ Chicken & Cheddar Flatbread C. Cheese Pizza	8 Lumberjack 	
12 	13 Egg & Cheese Croissant A. Bosco Sticks B. Cheese Quesadilla C. Pepperoni Pizza	14 Sausage Breakfast Sandwich A. Korean Hot Honey Popcorn Chicken B. Mc Ribb C. Cheese Pizza	15 Three Cheese & Egg Breakfast Flatbread A. Pancakes w/ Cheese Omelet B. Hot Dog C. Taco Pizza	16 Homemade Blueberry Muffin Square A. Buffalo Popcorn Chicken Mac & Cheese B. Grilled Cheese C. Variety Pizza
19 Waffles A. Hamburger Patty Horseshoe B. Grilled Cheese C. Cheese Pizza	20 Bosco Stick A. Southwest Crunch Burger B. Maple Pizza Waffalaco C. Pepperoni Pizza	21 Powdered Sugar Donut Holes A. Lasagna Roll Up B. Chicken Nuggets C. Cheese Pizza	22 Egg Bagel A. Southwest Crunch Burger B. Waffles w/ Sausage Patties C. Buffalo Chicken Pizza	23 Glazed Cinnamon Roll A. Meatball Sub B. Grilled Cheese C. Variety Pizza
25 French Toast Sticks A. Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Cheese Pizza	27 Egg & Cheese Croissant A. Bosco Sticks B. Bean & Cheese Burrito C. Pepperoni Pizza	28 Country Chicken Biscuit A. Spaghetti w/ Beef Sauce B. BBQ Chicken Sandwich C. Cheese Pizza	29 Sausage & Cheese English Muffin A. Biscuit w/ Sausage Gravy B. Chicken Ranch Flatbread C. BBQ Chicken Pizza	30 Homemade Banana Chocolate Chip Muffin Square A. Buffalo Ranch Chicken Bowl B. Grilled Cheese C. Variety Pizza

Menus are subject to change.



All Lunches Must Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

aramark
STUDENT
NUTRITION

This institution is an equal opportunity provider.