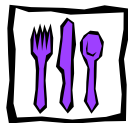


Walled Lake Central High School

LUNCH MENU



Central High Kitchen: 248-956-4735

Breakfast is available daily in the cafeteria includes juice or fruit, milk and a choice of one of the following:
Cheese, Yogurt, Breakfast Pastries,
Bagels, Assorted Cereals

Menu is subject to change without notification.

September

- 9/2 No school
- 9/3 Marcos pizza/chicken wraps/pasta salad/pasta salad
Chicken finger pita/spicy or regular chicken sandwich
Black bean salsa
- 9/4 Broccoli soup / chicken tenders/ bosco sticks
Pepperoni bread / chef salad / cherry tomatoes
- 9/5 Marcos pizza / subs/ antipasto salads / cheeseburger
Side salad
- 9/6 Chicken bowl / chicken smackers / calzones
Mashed potatoes
- 9/9 Mac & cheese / chicken fingers / pizza /crispy chicken salad
Tubbys sub /cole slaw
- 9/10 Marcos pizza/chicken finger pitas/ pasta salad/ spicy or
regular chicken sandwich/ baby carrots
- 9/11 Broccoli soup/ chicken tenders/ bosco sticks
Chef salads/ pepperoni bread/ corn
- 9/12 Marcos pizza/turkey sub/Italian sub/Antipasto salads
Cheeseburger/ fresh broccoli
- 9/13 Nacho supreme/ chicken smackers/calzone
Refried beans
- 9/16 Mac&cheese/tubbys sub/chicken fingers/pizza
Garbanzo beans
- 9/17 Marcos pizza/ chicken finger pita/pasta salad/
spicy or regular sandwich/ cherry tomato
- 9/18 Broccoli soup/ chicken smackers/bosco sticks
Pepperoni bread/ chef salad/ tator tots
- 9/19 Marcos pizza/subs/ cheeseburger/ antipasta salad
Side salads
- 9/20 Chicken alfredo/ chicken smacker/bosco sticks
Calzone/ green beans
- 9/23 Mac&cheese/ tubbys/ pizza/crispy chicken salad
Chicken fingers/ black bean salsa
- 9/24 **** 1/2 day****breakfast is still served
- 9/25 Broccoli soup/chicken smackers/bosco sticks
Chef salads/pepperoni bread/fresh broccoli
- 9/26 Marcos/antipasta salads/cheeseburgers/subs/celery
- 9/27 Pasta w/meatsauce/calzones/chicken smackers/bosco
marinara
- 9/30 Mac&cheese/chicken fingers/pizza/tubbys/garbanzos



Available Daily COMBO LUNCH :

LUNCH INCLUDES:

Entrée Vegetable
Fruit Bread/Grain Milk

A variety of fresh fruits and vegetables and whole grain breads are offered daily. A choice of low-fat, skim and flavored milk is served daily. All students will be required to take 1/2 cup of fruit or vegetable with their lunch. Also, portion sizes are required to be smaller & healthier.

In addition, "Specials of the Day" and daily choices include salads, reduced fat and calorie entrees and snacks, pizza, chicken and homemade deli sandwiches. Some entrees are priced slightly higher than the standard meal.

ALA Carte Sales available for Milk, Beverages and Snack items at a cost

Marco's Pizza

Tuesday's & Thursdays

We do not accept foreign currency. All cash will be deposited onto the students accounts.

No Change back

Please note that all checks returned to us due to insufficient funds are subject to a \$25.00 fee.

Menu is subject to change without notification

9/25