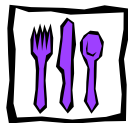


Walled Lake Central High School

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.

October

- 10/1 Marcos /chicken wraps/pasta salad/chicken finger pita
spicy or regular chicken sandwich/cherry tomato
- 10/2 Broccoli soup / chicken tenders/ bosco sticks
Pepperoni bread / chef salad / fresh broccoli
- 10/3 *****No School*****
- 10/4 Baked chicken leg / chicken smackers / calzones
Mashed potatoes
- 10/7 Mac & cheese / chicken fingers / pizza /crispy chicken salad
Tubbys sub /black bean salsa
- 10/8 Marcos /chicken finger pitas/ pasta salad/ spicy or
regular chicken sandwich/ celery
- 10/9 Broccoli soup/ chicken tenders/ bosco sticks
Chef salads/ pepperoni bread/ cooked carrots
- 10/10 Marcos pizza/turkey sub/Italian sub/Antipasto salads
Cheeseburger/ side salads
- 10/11 Beef stroganoff/ chicken smackers/calzone/ corn
- 10/14 Mac&cheese/tubbys sub/chicken fingers/pizza
Baked beans
- 10/15 Marcos pizza/ chicken finger pita/pasta salad
spicy or regular sandwich/ corn
- 10/16Broccoli soup/ chicken smackers/bosco sticks
Pepperoni bread/ chef salad/ green beans
- 10/17 Marcos /subs/ cheeseburger/ antipasto salad/side salads
- 10/18 Cheese ravioli /chicken smackers/calzone
marinara
- 10/21 Mac&cheese/ tubbys/ pizza/crispy chicken salad
Chicken fingers/ garbanzo beans
- 10/22 Marcos pizza/ chicken finger pita/ pasta salad/ spicy
or regular chicken sandwich/fresh carrots
- 10/23 Broccoli soup/chicken smackers/bosco sticks
Chef salads/pepperoni bread/corn
- 10/24Marcos/antipasto salads/cheeseburgers/subs/celery
- 10/25 Sweet &sour chicken/calzones/chicken smackers/
Roasted broccoli
- 10/28 Mac&cheese/chicken fingers/pizza/tubbys/black bean salsa
- 10/29Marcos/chicken wraps/pasta salads/chicken finger pita
regular or spicy chicken sandwich/side salads
- 10/30 Broccoli soup/ chicken tenders/ bosco/chef salads/carrots
- 10/31 ***** 1/2 day breakfast is stilled served*****



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 no 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.

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