

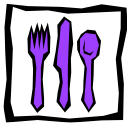


October



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.

Daily salads

Monday: Crispy chicken

Tuesday: Pasta salad

Wednesday: Caesar

Thursday: Antipasto

Friday: Greek & Crispy chicken

10/1 Soup day/ bosco sticks/ pepperoni bread/ chicken fingers
Cherry tomato

10/2 ****NO SCHOOL****

10/3 Build a burrito/ calzones/ mini corn dog/ corn

10/6 Pasta day / chicken tenders / pizza/ tubbys / green beans

10/7 Marcos/ Italian or turkey sub/ spicy or regular chicken sandwich
Baked beans

10/8 Soup day/ chicken fingers/ bosco sticks/ pepperoni bread
Fresh carrots

10/9 Marcos/ Bacon or cheeseburger/ chicken finger pita/ side salad

10/10 Chicken Alfredo w/bowtie pasta/ calzone/ corndogs/ sweet peas

10/13 Pasta day/ tubbys sub/ chicken tenders/ pizza/ garbanzo beans

10/14 Marcos/ Italian or turkey sub/ regular or spicy chicken sandwich
Potato salad

10/15 Soup day/ chicken fingers/ bosco sticks/ pepperoni bread
Fresh broccoli

10/16 Marcos/ bacon or cheeseburger/ chicken finger pita
Sweet potato fry

10/17 Ham & cheese potatoes/ calzones/ mini corn dogs/ green beans

10/20 Pasta day/ tubbys/ pizza/chicken tenders/ corn

10/21 Marcos/ Italian or turkey sub/ spicy or regular chicken sandwich
Garbanzo beans

10/22 Soup day/ chicken fingers/ bosco sticks/ pepperoni bread
Cooked carrots

10/23 Marcos/ bacon or cheeseburger/ chicken finger pita/ celery

10/24 General Tao chicken w/ rice/ calzone/ mini corn dogs/ stir fry

10/27 Pasta day/ tubbys/ chicken tenders/ pizza/ garbanzo beans

10/28 Marcos/ Italian or turkey sub/ spicy or regular chicken sandwich
Side salad

10/29 Soup day/ chicken fingers/ bosco sticks/ pepperoni bread
Fresh carrots

10/30 Marcos/ bacon or cheeseburgers/ chicken finger pita/ coleslaw

10/31 *** 1/2 day***

Breakfast is still 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 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