

April Lunch Menu

Central Middle School

2 Quesadilla Bar Italian Sub w/ Turkey Ham or All Beef Hot Dog Red Pepper Strips w/ Ranch Dip	3 Deli Bar Buffalo Chicken Empanadas or Mini Maple Pancakes w/ Cheese stick Corn	4 Deli Bar Turkey Sausage Wrapped Pancake Bites or Cheeseburger Broccoli Florets w/ Ranch Dip	5 Deli Bar Chicken and Cheese Quesadilla or All Beef Hot Dog Seasoned Black Beans	6 Pasta Bar Bosco Sticks w/ Marinara Sauce or Chicken Patty Sandwich Tossed Salad
9 Fiesta Bar Mac & Cheese w/ Biscuit or All Beef Hot Dog Pea Salad	10 Deli Bar Fiesta Turkey Tacos or Mini Maple Pancakes w/ Cheese stick Fiesta Black Beans	11 Deli Bar Cereal Fun Lunch Cocoa Puffs w/ Cheese Stick, Strawberry Yogurt and Graham Cracker Bug Bites or Cheeseburger Baby Carrots w/ Ranch	12 Deli Bar Chicken Noodle Soup w/ Half Grilled Cheese or All Beef Hot Dog Cauliflower Florets	13 Pasta Bar Stuffed Crust Cheese Pizza or Chicken Patty Sandwich Romaine Salad
16 Panini Bar Popcorn Chicken Bowl w/ Dinner Roll or All Beef Hot Dog Broccoli Florets w/ Ranch Dip	17 Deli Bar Chicken Burrito Bowl w/ Spanish Rice or Mini Maple Pancakes w/ Cheese stick Baby Carrots w/ Ranch	18 Deli Bar Chicken and Waffles or Cheeseburger Tater Tots	19 Deli Bar Chicken Corn Dog or All Beef Hot Dog Seasoned Black Beans	20 Pasta Bar Personal Cheese Pizza or Chicken Patty Sandwich Tossed Salad
23 Burger Bar Chicken Nuggets w/ BBQ Sauce & Graham Cracker Bug Bites or All Beef Hot Dog Grape Tomatoes	24 Deli Bar Chicken Nachos w/ Doritos or Mini Maple Pancakes w/ Cheese stick Vegetarian Refried Beans	25 Deli Bar French Toast Sticks w/ Turkey Sausage Links or Cheeseburger Potato Wedges	26 Deli Bar Shepard's Pie w/ Dinner Roll or All Beef Hot Dog Celery Sticks w/ Ranch Dip	27 NO SCHOOL
30 Panini Bar Pulled BBQ Chicken Sandwich or All Beef Hot Dog Baby Carrots w/ Ranch Dip				

**Have Questions?
Contact Cheryl Witas**

708-614-4500

or email

cwitas@district146.org

**Daily Lunch \$3.35
served with choice of
sides and milk**

**Monday – Specialty
Bar**

**Tuesday – Deli Bar
Boxcar Chicken
Sandwich**

Wednesday - Deli Bar

**Turkey Bacon Club
Thursday – Deli Bar
Twister Wrap**

**Friday – Pasta Bar
Served Daily
Baked Chicken
Sandwich**

**Spicy Chicken
Sandwich
Yogurt Parfait Lunch**

**All of the above is
served with fruit and
vegetables.**

***GS= GLUTEN SAFE:
prepared without any
wheat, but not
guaranteed gluten free**