



OCTOBER | 2018

Central Elementary School and Hauser Jr. High School

Menu Subject to Change

Vegetarian Options Available please ask your server

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicago Hot Dog Baked Beans Orange Slices 491 Calories 12g Fat 61g Carbs 731mg Sodium 25g Sugar	2 Pasta with Meat or Marinara Sauce Garlic Bread Raw Veggies 100% Juice 529 Calories 10g Fat 84g Carbs 1070mg Sodium 27g Sugar	3 Bosco Sticks Marinara Sauce Garden Salad Banana 455 Calories 11g Fat 74g Carbs 826mg Sodium 20g Sugar	4 Chicken Tenders Choice of Dipping Sauce Garlic Bread Sweet Corn Apple slices 475 Calories 19g Fat 55g Carbs 9g Sugar	5 District Institute Day
8 Enjoy Columbus Day	9 Grill Cheese Creamy Tomato or Lentil Soup Raw Broccoli Applesauce Cup 479 Calories 7g Fat 77g Carbs 1032mg Sodium 17g Sugar	10 Pizza Day! Mixed Veggies Pear Cup 415 Calories 9g Fat 54g Carbs 950mg Sodium 27g Sugar	11 Walking Taco Cheese, Lettuce and Salsa Refried Beans 100% Juice 590 Calories 23g Fat 58g Carbs 699mg Sodium 33g Sugar	12 Mini Corn Dogs Baked Fries Peach Cup or Applesauce 450 Calories 8g Fat 66g Carbs 650mg Sodium 20g Sugar
15 Hamburger Mashed Potato with Gravy Green Beans Bread Slice Dried Fruit 526 Calories 12g Fat 86g Carbs 1054mg Sodium 32g Sugar	16 Mac and Cheese Baked Bean Medley Garlic Stick Pineapple Cup 685 Calories 16g Fat 102g Carbs 988mg Sodium 29g Sugar	17 Bosco Sticks Marinara Sauce Leafy Green Salad Banana 455 Calories 11g Fat 74g Carbs 820mg Sodium 20g Sugar	18 Chicken and Cheese Quesadilla Spanish Rice Jicama Orange Slices 560 Calories 13g Fat 68g Carbs 979mg Sodium 25g Sugar	19 Chicken Patty On Whole Grain Bun Sweet Corn Apple Slices 630 Calories 24g Fat 74g Carbs 950mg Sodium 16g Sugar
22 Chicken Nuggets Green Beans Slice of Bread Peach Cup Calories 383 15g Fat 45g Carbs 624mg Sodium 15g Sugar	23 BBQ Beef Rib On Whole Grain Bun Sweet Potatoes Mixed Fruit 463 Calories 10g Fat 69g Carbs 946mg Sodium 20g Sugar	24 Cheese or Veggie Pizza Garden Salad Banana 455 Calories 10g Fat 68g Carbs 865mg Sodium 20g Sugar	25 Pizza Dippers With Marinara Sauce Garbanzo Bean Salad Applesauce 460 Calories 12g Fat 62g Carbs 590mg Sodium 23g Sugar	26 Hamburger On Whole Grain Bun Baked Fries Raisins 551 Calories 16g Fat 80g Carbs 894mg Sodium 28g Sugar
29 Baked Cheesy Ravioli Garlic Bread Cucumber Slices Apple Slices 400 Calories 6g Fat 78g Carbs 830mg Sodium 27g Sugar	30 Chicken Alfredo Spring Peas Bread Slice 100% Juice Cup 595 Calories 9g Fat 88g Carbs 749mg Sodium 24g Sugar	31 Ham or Turkey and Cheese On Whole Grain Bread Lettuce and Tomato Carrots / Frozen Fruit Cup 516 Calories 28g Fat 78g Carbs 1103mg Sodium 27g Sugar		

News

Lunch Prices

*Lunch Meal \$3.00
 Includes
 Entrée, vegetable, fruit and Milk*

*Snack Bar Available
 Prices for snacks
 .25 cents to \$2.00*

8oz. Milk .40 Cents

*Our food is never fried
 All bread is at least 50% whole grain
 Pizza Crust is whole grain*

*We use locally grown produce if
 Available*

***Central 4th and 5th grades
 and
 Hauser Jr. High may have
 additional veggie and fruit
 choices***

***PLEASE NOTE
 THE TOTALS FOR CALORIES, FAT
 CARBS, SODIUM AND SUGAR DO NOT
 INCLUDE MILK OR CONDIMENTS***

***1% WHITE MILK
 100 Calories 2.5 Fat Cal
 13g Carbs
 130mg Sodium 12g Sugar***

***FAT FREE CHOCOLATE MILK
 120 Calories 0 Fat Cal
 20g Carbs
 180mg Sodium 18g Sugar***

See you at Lunch!