

SALEM CENTRAL CAFETERIA

OCTOBER 2018 LUNCH

Menu subject to change without notice.

Milk Choices:
White: 1% & skim
Chocolate: Non fat
Lactaid Milk available

Student Prices:	Daily	Weekly
Full Pay:		
K-8	\$2.15	\$10.75
9-12	\$2.40	\$12.00
Reduced	\$.25	\$1.25
Milk	\$.55	\$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN ALFREDO W/ BROCCOLI W/ FETTUCINNE PASTA ASSORTED FRUIT MILK	2 CHICKEN / BEEF FAJITAS PEPPERS ONIONS BLACK BEANS, CORN W/G RICE, SALSA ASSORTED FRUIT MILK	3 LASAGNA FRESH CARROT STICKS BUTTERED ROLL TOSSED SALAD ASSORTED FRUIT MILK	4 FISH STICKS POTATO WEDGES DILLY CARROTS COLE SLAW ASSORTED FRUIT MILK	5 PIZZA ROMAINE CAESAR SALAD ASSORTED FRUIT MILK
8 NO SCHOOL COLUMBUS DAY	9 GENERAL TSO'S CHICKEN W/G RICE BROCCOLI EGG ROLL ASSORTED FRUIT MILK	10 CHICKEN PATTY CURLY FRIES LETTUCE, TOMATO BEANS ASSORTED FRUIT MILK	11 TOASTED CHEESE TOMATO SOUP FRESH CARROT STICKS W/G CRACKERS ASSORTED FRUIT MILK	12 PIZZA ROMAINE CAESAR SALAD ASSORTED FRUIT MILK
15 HAMBURGER ON A BUN CURLY FRIES VEGETABLE STICKS LETTUCE, TOMATO ASSORTED FRUIT	16 NACHOS SEASONED BEEF/ CHICKEN RICE, CORN, LETTUCE, TOMATO, REFRIED BEANS	17 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES GREEN BEANS ASSORTED FRUIT MILK	18 CHICKEN IN GRAVY MASHED POTATOES BUTTERED SQUASH W/G ROLL ASSORTED FRUIT MILK	19 PIZZA ROMAINE CAESAR SALAD ASSORTED FRUIT MILK
22 BOSCO STICKS MARINARA SAUCE SEASONED PASTA VEGETABLE STICKS ASSORTED FRUIT	23 TACO TUESDAY SEASONED BEEF, W/G RICE, LETTUCE TOMATOES BLACK BEANS ASSORTED FRUIT	24 CHICKEN PATTY ON A BUN LETTUCE, TOMATO SWEET POTATO FRIES CARROT STICKS ASSORTED FRUIT	25 BAKED CHICKEN AUGRATIN POTATOES CORN, BRUSSEL SPROUTS APPLE CRISP ASSORTED FRUIT MILK	26 PIZZA ROMAINE CAESAR SALAD ASSORTED FRUIT MILK
29 CHICKEN FRIES SEASONED PASTA CARROTS, GREEN BEANS ASSORTED FRUIT MILK	30 CHICKEN STIR FRY ORIENTAL VEGETABLES W/G RICE BROCCOLI ASSORTED FRUIT MILK	31 MACARONI AND CHEESE BAR, DICED HAM, BUFFALO CHICKEN STEWED TOMATOES DILL CARROTS ASSORTED FRUIT		

Hot Entrée Listed OR DELI SANDWICH (choice of fruit, vegetable and milk) GARDEN SALAD FRUIT GRAIN AND MILK HOME MADE SOUP Ala carte items available PB&J available everyday
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Parents: Applications for Free or Reduced meal benefits are available on the school web page or from the food service office or the front office. Call 854-6040 , Ext. 140 or e-mail : wcary@salemcasd.org if you need help with the application or have any questions.

New this year Penguin Ice
100% fruit juice no sugar added
Gourmet Slush.
The Slush That's Good For You!
Child Nutrition Approved

