

SALEM CENTRAL CAFETERIA

OCTOBER 2019 LUNCH

Menu subject to change without notice.

Milk Choices:
White: 1% & skim
Chocolate: 1%

Lactaid Milk available

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

Hot Entrée listed
(available on line #2)
INCLUDING SALAD BAR

Deli Sandwich
(choice of fruit, vegetable & milk)

Garden Salad Bar
(choice of fruit, grain & milk)

A la carte items

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 : wcairy@salemcasd.org if you need help with the application or have

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Taco Tuesday Lettuce, Tomato & Meat sauce BLACK BEANS, CORN Salsa & Steamed W/G Rice Assorted Fruit	2 BREAKFAST FOR LUNCH WAFFLES, HASH BROWN, SAUSAGE PATTY CARROT STICKS Assorted Fruit	3 CHICKEN ALFREDO STEAMED BROCCOLI GREEN BEANS Assorted Fruit	4 Cheese or Pepperoni Pizza Caesar Salad Assorted Fruit
7 Bosco sticks Marinara sauce FRESH CARROT STICKS Assorted Fruit I	8 General bowl Fluffy mashed potato, gravy, popcorn chicken, Corn topped w/cheese Assorted Fruits	9 CALZONE CHEESE OR PEPPERONI TOSSED SALAD 3 BEAN SALAD ASSORTED FRUIT	10 BEEF STROGANOFF GREEN BEANS SWEET PEAS ASSORTED FRUIT	11 CHEESE OR PEPPERONI PIZZA CAESAR SALAD ASSORTED FRUIT
14 No School COLUMBUS DAY	15 GENERAL TSO CHICKEN PLAIN CHICKEN K-3 STEAMED RICE BROCCOLI Assorted Fruit	16 BUILD A BURGER LETTUCE TOMATO ONION, CHEESE SWEET POTATO FRIES Assorted Fruit	17 CHICKEN AND BISCUIT CORN GREEN BEANS ASSORTED FRUIT	18 Cheese or Pepperoni Pizza Caesar Salad Assorted Fruit
21 POPCORN CHICKEN SEASONED PASTA CARROTS Assorted Fruit	22 NACHOS SEASONED BEEF, BLACK BEANS, RICE, TOMATO SALSA, CHEESE SAUCE, SOUR CREAM Assorted Fruits	23 CHICKEN PATTY LETTUCE AND TOMATO CHEESE FRIES ASSORTED FRUIT	24 CHEESE LASAGNA TOSSED SALAD GREEN BEANS DINNER ROLL ASSORTED FRUIT	25 Cheese or Pepperoni Pizza Caesar Salad Assorted Fruit
28 MOZZARELLA STICKS MARINARA SAUCE SEASONED PASTA CARROTS Assorted Fruit	29 TACO TUESDAY SEASONED BEEF LETTUCE, TOMATO, SALSA, CHEESE SOUR CREAM BLACK BEANS Assorted Fruits	30 TOASTED CHEESE WITH TOMATO SOUP CUCUMBER SLICES ASSORTED FRUIT	31 GHOSTLY GHOULASH GREEN BEANS DINNER ROLL EEK SIDE KICK(ICEE) ASSORTED FRUIT	

