

SALEM CENTRAL CAFETERIA

SEPTEMBER 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
Reduced	\$.25	\$1.25
Milk	\$.55	\$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK!		BEEF BURGERS 4 ON A BUN SMILEY FRIES FRESH CARROT STICKS LETTUCE, ONION, CHEESE TOMATO	CHICKEN ALFREDO 5 STEAMED BROCCOLI DINNER ROLL	PIZZA 6 ROMAINE CAESAR SALAD
CHICKEN NUGGETS SAEONED PASTA CARROT COINS	TACO TUESDAY SEASONED BEEF BLACK BEANS, RICE SALSA, LETTUCE TOMATO CHEESE	HOT DOG DOUBLE DOGS K-12 MEAT SAUCE VEGETARIAN BEANS POTATO WEDGES	GOULASH TOSSED SALAD DINNER ROLL WITH BUTTER	PIZZA ROMAINE CAESAR SALAD
9	10	11	12	13
GRILLED CHEESE CAMPBELL'S TOMATO SOUP FRESH CARROT STICKS DIP	NACHO SEASONED BEEF/CHICKEN RICE, REFRIED BEANS CHEESE SAUCE, TOMATO SALSA	CHICKEN PATTY ON A BUN CURLY FRIES LETTUCE , TOMATO , CHEESE	MAC AND CHEESE DICED HAM, BACON, BUFFALO CHICKEN DINNER ROLL SWEET PEAS SLICED CUCUMBERS	PIZZA ROMAINE CAESAR SALAD
16	17	18	19	20
POPCORN CHICKEN SEASONED PASTA DILLY CARROTS	CHICKEN FAJITA WARMED PEPPERS AND ONIONS ,SOFT TORTILLA CHEESE, SALSA, LETTUCE, TOMATO BLACK BEANS , RICE	BBQ PORK RIB HOMEMADE COLE SLAW VEGETARIAN BEANS FRENCH FRIES	CHICKEN AND GRAVY OVER MASHED POTATO GREEN BEANS DINNER ROLL	PIZZA ROMAINE CAESAR SALAD
23	24	25	26	27
MOZZARELLA STICKS MARINARA SAUCE SEASONED PASTA CARROTS	FRESH FRUIT OR CANNED FRUIT ARE OFFERED DAILY WITH EACH MEAL			

Hot Entrée listed
(available on line #2)
OR
Deli Sandwich
(choice of fruit, vegetable & milk)
Garden Salad Bar
(choice of fruit, grain & milk)
A la carte items
(available on line #1)

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@salemcsd.org if you need help with the application or have any questions.