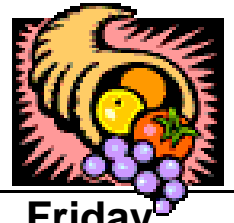


CENTRAL SPRINGS CSD

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Grab & Go</u></p> <p>Mon-combo link Tues-muffin Wed-pbj Thurs-tornado Fri-UBR all w/milk, juice & optional fruit</p>	<p><u>Alternate</u></p> <p>Mon-pretzel w/cheese Tues-corn dog Wed-pizza Thurs-spicy chicken Fri-hamburger</p>	<p>Menu is subject to change</p> <p>All meals include a choice of 1%, fat free & fat free chocolate milk</p> <p>This institution is an equal opportunity provider</p>	<p>egg bake, english muffin, fruit, juice</p> <p>grilled cheese sandwich, potato salad, corn, peaches (HS-popcorn chicken)</p>	<p>cereal, donut, fruit, juice</p> <p>chicken Philly, potato wedges, onion & pepper strips, pears</p>
<p>pancakes, sausage, fruit, juice</p> <p>pizza, lettuce salad, mixed vegetables, orange slices, cake or cookie</p>	<p>biscuit & gravy, granola bar, fruit, juice</p> <p>chicken patty onion rings baked beans, pineapple</p>	<p>bkft combo bar, pop tart, fruit, juice</p> <p>chicken noodle soup, crackers carrots mixed fruit cinnamon roll</p>	<p>chicken & biscuit, fruit, juice</p> <p>fish sandwich cheese hash browns, green beans, rosy applesauce, string cheese</p>	<p>cereal, donut, fruit, juice</p> <p>turkey, dressing, potatoes, gravy, green beans, pears, dinner roll</p> <p>NO GRAB & GO OR ALTERNATE</p> <p>SENIOR CITIZEN MEAL</p>
<p>pancakes, sausage, fruit, juice</p> <p>taco, lettuce/ cheese/ salsa, refried beans, corn, applesauce (HS-rice)</p>	<p>bkft lasagna, fruit, juice</p> <p>french toast, sausage, tri-tator, mandarin oranges</p>	<p>bkft combo bar, pop tart, fruit, juice</p> <p>ham & cheese sandwich, tiger fries, marinated veggies, apple slices</p>	<p>egg wrap, muffin, fruit, juice</p> <p>tator tot casserole, peas & carrots, lettuce salad, mixed fruit, pbj</p>	<p>cereal, donut, fruit, juice</p> <p>chicken nuggets, mashed potatoes, gravy, california blend, banana (HS-breadstick)</p>
<p>pancakes, sausage, fruit, juice</p> <p>hamburger on bun, tomato slice, potato wedges, broccoli w/cheese, peaches</p>	<p>omelet, toast, fruit, juice</p> <p>crispito, cheese sauce, refried beans, carrots, applesauce (HS-rice)</p>	<p>NO SCHOOL THANKSGIVING BREAK</p>	<p>NO SCHOOL THANKSGIVING</p> 	<p>NO SCHOOL THANKSGIVING BREAK</p>
<p>pancakes, sausage, fruit, juice</p> <p>grilled chicken on bun, french fries, california blend, pineapple</p>	<p>french toast, yogurt, fruit, juice</p> <p>pulled pork sandwich, baked potato, green beans, oranges</p>	<p>bkft combo bar, pop tart, fruit, juice</p> <p>turkey & noodles, mashed potatoes, baked beans, applesauce, dinner roll</p>	<p>scrambled eggs, toast, fruit, juice</p> <p>chili, shredded cheese, crackers, corn, mixed fruit, cinnamon roll</p>	<p>cereal, donut, fruit, juice</p> <p>pizza casserole, lettuce salad, mixed vegetables, apple slices, garlic toast</p>