



CENTRAL SPRINGS CSD

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>French toast, fruit, juice</p> <p>chicken nuggets, onion rings, broccoli & tomatoes, applesauce, dinner roll</p> <p style="text-align: right;">1</p>	<p>Scrambled eggs, sausage, toast, fruit, juice</p> <p>pizza, lettuce salad, carrots, apple slices, cake or cookie, jello</p> <p style="text-align: right;">2</p>	<p>Breakfast pizza, granola bar, fruit, juice</p> <p>Ham & cheese on bun, lettuce salad, marinated veggies, mixed fruit</p> <p style="text-align: right;">3</p>	<p>Pancake on stick, fruit, juice</p> <p>macaroni & cheese, meatballs, green beans, mandarin oranges, breadstick</p> <p style="text-align: right;">4</p>	<p>Cold cereal, donut, fruit, juice</p> <p>fiestada, lettuce/cheese, salsa, refried beans, peas, pears, pudding</p> <p style="text-align: right;">5</p>
<p>French toast, fruit, juice</p> <p>crispito, cheese/salsa, refried beans, california blend, strawberries & bananas (HS-rice)</p> <p style="text-align: right;">8</p>	<p>egg wrap, muffin, fruit, juice</p> <p>chicken patty on bun, spinach salad, potato wedges, pineapple</p> <p style="text-align: right;">9</p>	<p>Breakfast pizza, granola bar, fruit, juice</p> <p>chili, shredded cheese, crackers, carrots & celery, oranges, cinnamon roll</p> <p style="text-align: right;">10</p>	<p>omelet, sausage, toast, fruit, juice</p> <p>chicken drumstick, mashed potatoes, gravy, baked beans, mixed fruit, biscuit</p> <p style="text-align: right;">11</p>	<p>Cold cereal, donut, fruit, juice</p> <p>walking taco, lettuce & cheese, salsa, pepper strips, applesauce, churro</p> <p style="text-align: right;">12</p>
<p>French toast, fruit, juice</p> <p>Sweet Thai chili chicken, rice, broccoli, baked beans, apple slices (HS-dinner roll)</p> <p style="text-align: right;">15</p>	<p>Chicken & biscuit, fruit, juice</p> <p>spaghetti, lettuce salad, string cheese, green beans, mandarin oranges, breadstick</p> <p style="text-align: right;">16</p>	<p>Breakfast pizza, granola bar, fruit, juice</p> <p>sub sandwich, sliced tomato, french fries, corn, mixed fruit</p> <p style="text-align: right;">17</p>	<p>Pancakes, little smokies, fruit, juice</p> <p>hamburger gravy, mashed potatoes, carrots, pears, peanut butter sandwich</p> <p style="text-align: right;">18</p>	<p>cooks choice</p> <p style="text-align: right;">19</p>
<p>French toast, fruit, juice</p> <p>popcorn chicken, potato smiles, broccoli, pineapple, dinner roll</p> <p style="text-align: right;">22</p>	<p>Biscuits & gravy, granola bar, fruit, juice</p> <p>corn dog, spinach salad, baked beans, tator tots, mixed fruit</p> <p style="text-align: right;">23</p>	<p>Breakfast pizza, granola bar fruit, juice</p> <p>salisbury steak, mashed potatoes, gravy, california blend, peaches, biscuit</p> <p style="text-align: right;">24</p>	<p>Breakfast burrito, graham cracker, fruit, juice</p> <p>bbq pork on bun, baked potato, carrots, apple crisp</p> <p style="text-align: right;">25</p>	<p>Cold cereal, donut, fruit, juice</p> <p>pizza casserole, lettuce salad, peas, applesauce, garlic toast</p> <p style="text-align: right;">26</p>
<p>French toast, fruit, juice</p> <p>Nachos w/gr. beef, salsa, chips, oriental veg., pineapple (HS-rice)</p> <p style="text-align: right;">29</p>	<p>bkft combo bar, pop tart, fruit, juice</p> <p>scalloped potatoes & ham, green beans, pears, pbj</p> <p style="text-align: right;">30</p>	<p>Breakfast pizza, granola bar, fruit, juice</p> <p>howling hamburger, Frankenstein fries, witch fingers, frightening fruit, spooky cookie</p> <p style="text-align: right;">31</p>	<p>Grab & Go</p> <p>Mon-pop tart Tues-bkft bagel Wed-cereal pouch Thurs-tornado Fri-filled crescent All served with milk, juice (fruit-optional)</p> <p>Alternate</p> <p>Mon-hamburger Tues-calzone Wed-pizza Thurs-crispito Fri-italian chicken</p>	<p><i>Menu is subject to change</i></p> <p>This institution is an equal opportunity employer</p> <p>All meals served with choice of 1%, fat free & fat free chocolate milk</p> <p><i>Salad bar daily for grades 4-12</i></p> <p><i>Grab & Go daily for grades 4-8</i></p>