

**Cheektowaga  
Central High School  
October 2018**

**FAST TAKES**



- EVERYDAY CHOICES**  
Turkey Sub  
Chef Salad  
Julienne Salad  
Yogurt Parfait with Fruit & Granola  
Peanut Butter & Jelly Sandwich

**SALSA**

**Tex Mex Station**

- |                   |   |              |
|-------------------|---|--------------|
| <b>Rice Bowls</b> | <b>Salad Bowls</b>  | <b>Wraps</b> |
| <b>Toppings</b>   | Lettuce, Tomatoes, Fresh Corn Salsa, Shredded Cheese, Jalapeño Peppers, Mild Salsa, Hot Salsa |              |

HELP OUR SCHOOL WIN THE **HEALTHY HIGH SCHOOL CHALLENGE**

103 CASH PRIZES AWARDED  
EQUALLING \$80,000 IN TOTAL PRIZE MONEY!

WHAT WOULD YOUR STUDENT COUNCIL DO WITH THE \$5,000 TOP PRIZE?

Every time you choose one of the Healthy High School Challenge food selections, you help our school earn points toward winning the TOP PRIZE OF \$5,000!

Please share your photos with us by posting them on our NEW Instagram page!

See who's winning the Challenge at: [Sodexo@HSC](#)

Sponsored by: PepsiCo, Kellogg's, Campbell's, Frito-Lay, General Mills, J&J Snack Foods, ARYZTA/Crisp Sparkmeyer, Coca-Cola and Nestle

**sodexo**  
QUALITY OF LIFE SERVICES

**SALSA**

- Nachos Grande served with Nacho Cheese Sauce**  
**Twin Hard Shell Tacos served with Rice**  
**Soft Shell Tacos with Lettuce & Tomatoes**
- Shredded Cheese ~ Diced Tomatoes ~ Shredded Lettuce ~ Jalapeño Peppers*

**PIZZA**

**EVERYDAY CHOICES**

- Pepperoni Pizza**  
**Cheese Pizza**

USDA and this Institution are equal opportunity provider and employers.

**SIDES OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Canned Fruit, Garden Salad Greens & Low Fat 1% White, Fat Free Chocolate or Skim Milk

<p><b>10/1</b></p> <p><b>Basket of Favorites</b> (Chicken Nuggets &amp; Cheese Sticks)</p> <p><i>Steamed Broccoli or Celery Sticks</i></p>	<p><b>10/2</b></p> <p><b>Spaghetti &amp; Meatsauce</b> w/ Garlic Toast</p> <p><i>Romaine Salad or Mixed Vegetables</i></p>	<p><b>10/3</b></p> <p><b>Philly Steak &amp; Cheese Sub</b></p> <p><i>Steamed Carrots or Fresh Cucumber Slices</i></p>	<p><b>10/4</b></p> <p><b>Chicken Patty Sandwich</b></p> <p><i>Vegetarian Beans or Golden Corn Niblets</i></p>	<p><b>National Smile Day</b> <b>10/5</b></p> <p><b>Garlic Chicken Flatbread</b></p> <p><i>Baked Smile Fries or Brussel Sprouts</i></p>
<p><b>10/8</b></p> <p><b>Columbus Day</b></p>	<p><b>10/9</b></p> <p><b>Cheesy Breadsticks</b> w/ Dipping Sauce</p> <p><i>Romaine Salad or Mixed Vegetables</i></p>	<p><b>10/10</b></p> <p><b>Cinnamon Sticks</b> w/ Turkey Sausage Patties</p> <p><i>Baked Tater Tots or Celery Sticks</i></p>	<p><b>10/11</b></p> <p><b>Cheeseburger</b></p> <p><i>Vegetarian Beans or Golden Corn Niblets</i></p>	<p><b>10/12</b></p> <p><b>Chicken Quesadilla</b></p> <p><i>Butternut Squash or Green Beans</i></p>
<p><b>10/15</b></p> <p><b>Chicken Tenders</b> w/ Seasoned Noodles</p> <p><i>Steamed Broccoli or Celery Sticks</i></p>	<p><b>10/16</b></p> <p><b>Popcorn Chicken Bowl</b> w/ Mashed Potatoes</p> <p><i>Green Beans or Golden Corn Niblets</i></p>	<p><b>10/17</b></p> <p><b>French Toast Sticks</b> w/ Turkey Sausage Patties</p> <p><i>Baked Oven Fries or Romaine Salad</i></p>	<p><b>10/18</b></p> <p><b>Grilled Cheese Sandwich</b></p> <p><i>Tomato Soup &amp; Carrots</i></p>	<p><b>10/19</b></p> <p><b>Pizza Sub</b></p> <p><i>Garbanzo Beans or Roasted Cauliflower</i></p>
<p><b>10/22</b></p> <p><b>Buffalo Chicken Sub</b></p> <p><i>Steamed Broccoli or Golden Corn Niblets</i></p>	<p><b>10/23</b></p> <p><b>Macaroni &amp; Cheese</b></p> <p><i>Sweet Potato or Mixed Vegetables</i></p>	<p><b>10/24</b></p> <p><b>Belgium Waffle Sticks</b> w/ Turkey Sausage Patties</p> <p><i>Baked Tater Tots or Fresh Cucumber Slices</i></p>	<p><b>National Pasta Day</b> <b>10/25</b></p> <p><b>Italian Pasta Bake</b> w/ Garlic Bread</p> <p><i>Vegetarian Beans or Side Romaine Salad</i></p>	<p><b>10/26</b></p> <p><b>Mozzarella Sticks</b> w/ Dipping Sauce</p> <p><i>Steamed Carrots or Brussel Sprouts</i></p>
<p><b>10/29</b></p> <p><b>Chicken Parmesan Sandwich</b></p> <p><i>Sweet Peas or Roasted Cauliflower</i></p>	<p><b>10/30</b></p> <p><b>General Tso's Chicken</b> Served over Rice</p> <p><i>Vegetarian Beans or Steamed Broccoli</i></p>	<p><b>10/31</b></p> <p><b>Buttermilk Pancakes</b> w/ Turkey Sausage Patties</p> <p><i>Baked Oven Fries or Steamed Carrots</i></p>		<p><b>FAVORITES</b></p>