

Cheektowaga Central  
Middle School  
October 2018



**FAST TAKES**



**EVERYDAY CHOICES**

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



**PIZZA**

**EVERYDAY CHOICES**

- Pepperoni Pizza
- Cheese Pizza

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