

Cheektowaga Central High School

November 2018



FAST TAKES



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

SALSA

Rice Bowls
 Turkey Taco Meat
 Chicken Fajita Meat
 Buffalo Chicken
 Fajita Meat

Salad Bowls **Wraps**
 ~Toppings~
 Lettuce, Tomatoes, Fresh Corn
 Salsa, Shredded Cheese, Jalapeño
 Peppers, Mild Salsa, Hot Salsa



CROSSROADS CAFE

just by REACHING for the PHONE teen drivers INCREASE their risk of CRASHING by 700%

mindful
 mindful.sodexo.com

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>11/1 Taco in a Bag w/ Seasoned Rice <i>Refried Beans and Corn Niblets</i></p>	<p>11/2 Broccoli Chicken Alfredo w/ Garlic Bread <i>Romaine Side Salad or Green Beans</i></p>
<p>11/5 Basket of Favorites (Chicken Nuggets & Cheese Sticks) <i>Steamed Broccoli or Celery Sticks</i></p>	<p>11/6 <i>Professional Development Day</i> <i>No School</i></p>	<p>11/7 Belgium Waffle Sticks w/Warm Maple Syrup w/ Turkey Sausage Patties <i>Baked Oven Fries or Fresh Cucumber Slices</i></p>	<p>11/8 Chicken Patty Sandwich <i>Vegetarian Beans or Golden Corn Niblets</i></p>	<p>11/9 Asian Chicken Noodle Bowl w/Fortune Cookie <i>Steamed Carrots or Steamed Broccoli</i></p>
<p>11/12 </p>	<p>11/13 <i>World Kindness Day</i> Italian Pasta Bake w/ Garlic Bread <i>Free Sprinkle Sugar Cookie</i> <i>Romaine Salad or Steamed Carrots</i></p>	<p>11/14 Cinnamon Sticks w/ Turkey Sausage Patties <i>Baked Oven Fries or Celery Sticks</i></p>	<p>11/15 <i>Thanksgiving Dinner</i> Roasted Turkey & Gravy w/ Whole Grain Biscuit <i>Mashed Potatoes and Corn Niblets</i> <i>Cranberry Sauce</i></p>	<p>11/16 Bacon Cheeseburger <i>Butternut Squash or Green Beans</i></p>
<p>11/19 Meatball Bomber <i>Steamed Broccoli or Celery Sticks</i></p>	<p>11/20 Popcorn Chicken Bowl w/ Mashed Potatoes <i>Green Beans or Golden Corn Niblets</i></p>	<p>11/21 </p>	<p>11/22 </p>	<p>11/23 </p>
<p>11/26 Buffalo Chicken Sub <i>Steamed Broccoli or Golden Corn Niblets</i></p>	<p>11/27 Taco Flatbread <i>Sweet Potatoes or Mixed Vegetables</i></p>	<p>11/28 <i>National French Toast Day</i> French Toast Sticks w/ Turkey Sausage Patties <i>Baked Oven Fries or Fresh Cucumber Slices</i></p>	<p>11/29 <i>District Wide Parent/Teacher Conferences</i> <i>No School for Students</i></p>	<p>11/30 Cheesy Breadsticks w/ Dipping Sauce <i>Steamed Carrots or Brussel Sprouts</i></p>