

Cheektowaga Central Middle School November 2018



FAST TAKES



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



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



TIP OF THE WEEK

Breakfast is the BEST way to start your day.

Make a plan with a friend to eat breakfast every day! Some ideas include:

- Whole Wheat Toast + Peanut Butter + Banana
- Cereal + 1% Milk + Your Favorite Fruit
- A Breakfast Sandwich Made with Lean Meats and Cheeses



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>11/1 Taco in a Bag w/ Seasoned Rice</p> <p><i>Refried Beans and Corn Niblets</i></p>	<p>11/2 Broccoli Chicken Alfredo w/ Garlic Bread</p> <p><i>Romaine Side Salad or Green Beans</i></p>
<p>11/5 Basket of Favorites (Chicken Nuggets & Cheese Sticks)</p> <p><i>Steamed Broccoli or Celery Sticks</i></p>	<p>11/6 <i>Professional Development Day</i></p> <p><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</p> <p><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><i>World Kindness Day</i> 11/13 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</p> <p><i>Baked Oven Fries or Celery Sticks</i></p>	<p>11/15 Roasted Turkey & Gravy w/ Whole Grain Biscuit</p> <p><i>Mashed Potatoes and Corn Niblets</i> <i>Cranberry Sauce</i></p>	<p>11/16 Bacon Cheeseburger</p> <p><i>Butternut Squash or Green Beans</i></p>
<p>11/19 Meatball Bomber</p> <p><i>Steamed Broccoli or Celery Sticks</i></p>	<p>11/20 Popcorn Chicken Bowl w/ Mashed Potatoes</p> <p><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</p> <p><i>Steamed Broccoli or Golden Corn Niblets</i></p>	<p>11/27 Taco Flatbread</p> <p><i>Sweet Potatoes or Mixed Vegetables</i></p>	<p>11/28 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> TEACHERS RULE <i>No School for Students</i></p>	<p>11/30 Cheesy Breadsticks w/ Dipping Sauce</p> <p><i>Steamed Carrots or Brussel Sprouts</i></p>