



**Cheektowaga Central
Middle School
Lunch Menu 5 ~ 8
February 2019**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Entrees Available Daily
 Cheese & Pepperoni Pizza, Assorted Salads, Assorted Subs
 Yogurt Parfaits, Hummus Lunch
 Peanut Butter & Jelly or Cheese Sandwich
 Baby Carrots (1/4 c)
Choice of Milk Available with Lunch:
 Low-Fat White ~ Fat Free White ~ Fat Free Chocolate



1
**Taco
Rice Bowl**

 Cauliflower or
 Vegetarian Beans

 Fresh Fruit or
 Mixed Fruit

4
**Philly Steak
Sub**

 Cucumber Slices or
 Sweet Corn Niblets

 Fresh Fruit or
 Mixed Fruit

5
**Chicken Patty
Sandwich**

 Baked Oven Fries or
 Mixed Vegetables

 Fresh Fruit or
 Diced Peaches

National Chopsticks Day 6
**Sweet & Sour
Chicken**
 w/ Seasoned Rice

 Romaine Salad or
 Steamed Broccoli

 Fresh Fruit or
 Applesauce

7
**Nacho Taco
in a Bag**
 w/ Seasoned Rice

 Vegetarian Beans
 or Green Beans

 Fresh Fruit or
 Diced Pears

8
**Cheesy
Breadsticks**
 w/ Dipping Sauce

 Steamed Carrots or
 Brussel Sprouts

 Fresh Fruit or
 Mixed Fruit

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

11
Cheeseburger

 Sweet Peas or
 Roasted Cauliflower

 Fresh Fruit or
 Mixed Fruit

12
**Popcorn
Chicken**
 w/ Seasoned Noodles

 Steamed Broccoli or
 Mixed Vegetables

 Fresh Fruit or
 Diced Peaches

13
**Pancakes &
Syrup**
 w/ Turkey Sausage Patties

 Baked Oven Fries
 or Steamed Carrots

 Fresh Fruit or
 Applesauce

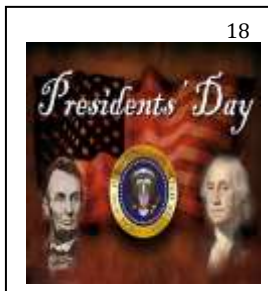
Valentine's Day 14
Turkey & Gravy
 w/ Whole Grain Biscuit

 Mashed Potatoes or
 Sweet Corn Niblets
Valentine Cookie
 Fresh Fruit or
 Diced Pears

15
**Chicken Broccoli
Alfredo**
 w/ Garlic Bread

 Vegetarian Beans
 or Green Beans

 Fresh Fruit or
 Mixed Fruit



19
**Mid-Winter
Recess**

No School



21
**Mid-Winter
Recess**

No School



25
**Chicken
Nuggets**
 w/ Seasoned Rice

 Steamed Broccoli or
 Mixed Vegetables

 Fresh Fruit or
 Mixed Fruit

26
**Italian
Pasta Bake**
 w/ Garlic Bread

 Romaine Salad or
 Steamed Carrots

 Fresh Fruit or
 Diced Peaches

27
**Baked Cinnamon
Sticks**
 w/ Turkey Sausage Patties

 Baked Oven Fries or
 Celery Sticks

 Fresh Fruit or Applesauce

National Chili Day 28
**Chili topped
Hot Dog**

 Vegetarian Beans
 or Sweet Corn Niblets

 Fresh Fruit or
 Diced Pears

**All Breads
& Grains are
Whole Grain
Rich**

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