



**Cheektowaga Central  
High School  
Lunch Menu 9-12  
March 2019**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Entrees Available Daily  
**Chef or Julienne Salads, Turkey Subs**  
**Tex Mex Bar, Salsa Bar, 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**

*All Breads  
& Grains are  
Whole Grain  
Rich*

1  
**Loaded Baked Potato**  
 w/ Turkey Taco Meat & Shredded Cheese  
 -----  
 Steamed Broccoli or Green Beans  
 -----  
 Fresh Fruit or Mixed Fruit

4  
**Chicken Tenders**  
 w/ Seasoned Pasta  
 -----  
 Steamed Broccoli or Celery Sticks  
 -----  
 Fresh Fruit or Mixed Fruit

5  
**Popcorn Chicken Bowl**  
 w/ Mashed Potatoes  
 -----  
 Sweet Corn Niblets or Green Beans  
 -----  
 Fresh Fruit or Diced Peaches

6  
**French Toast Sticks & Syrup**  
 w/ Turkey Sausage Patty  
 -----  
 Oven Fries or Romaine Side Salad  
 -----  
 Fresh Fruit or Applesauce

7  
**Grilled Cheese Sandwich**  
 -----  
 Tomato Soup & Carrots  
 -----  
 Fresh Fruit or Diced Pears

8  
**Three Cheese Pizza Sub**  
 -----  
 Cauliflower or Vegetarian Beans  
 -----  
 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  
**Buffalo Chicken Sub**  
 -----  
 Fresh Celery or Sweet Corn Niblets  
 -----  
 Fresh Fruit or Mixed Fruit

12  
**Cheeseburger**  
 -----  
 Steamed Broccoli or Baked Tater Tots  
 -----  
 Fresh Fruit or Diced Peaches

13  
**Taco in a Bag**  
 w/ Seasoned Rice  
 -----  
 Vegetarian Beans or Green Beans  
 -----  
 Fresh Fruit or Applesauce

14  
**Professional Development Day**  
 -----  
  
 -----  
 No School for Students

15  
  
 -----  
 No School

18  
**Cheesy Breadsticks**  
 w/ Dipping Sauce  
 -----  
 Sweet Peas or Roasted Cauliflower  
 -----  
 Fresh Fruit or Mixed Fruit

19  
**Chicken Nuggets**  
 w/ Seasoned Rice  
 -----  
 Steamed Broccoli or Tomato Soup  
 -----  
 Fresh Fruit or Diced Peaches

*First Day of Spring* 20  
**Baked Chicken Dinner**  
 w/ Whole Grain Biscuit  
 -----  
 Mashed Potatoes or Sweet Corn Niblets  
 -----  
 Fresh Fruit or Applesauce

21  
**District-Wide Parent/Teacher Conference Day**  
 -----  
  
 -----  
 No School for Students

*Pasta Pronto* 22  
**Sautéed Chicken or Beef Marinara Red Sauce or Alfredo Sauce Served with Penne Pasta and Garlic Bread**  
 -----  
 Vegetarian Beans or Romaine Salad  
 -----  
 Fresh Fruit or Mixed Fruit

25  
**Basket of Favorites**  
 w/ Chicken Nuggets & Cheese Sticks  
 -----  
 Steamed Broccoli or Celery Sticks  
 -----  
 Fresh Fruit or Mixed Fruit

*National Spinach Day* 26  
**Chicken Patty Sandwich**  
 -----  
 Green Beans or Sautéed Spinach  
 -----  
 Fresh Fruit or Diced Peaches

27  
**Philly Steak Sub**  
 -----  
 Baked Tater Tots or Cucumber Slices  
 -----  
 Fresh Fruit or Applesauce

28  
**Buffalo Chicken Pizza**  
 -----  
 Vegetarian Beans or Sweet Corn Niblets  
 -----  
 Fresh Fruit or Diced Pears

29  
**Garlic Chicken Flatbread**  
 -----  
 Steamed Carrots or Brussel Sprouts  
 -----  
 Fresh Fruit or Mixed Fruit