

Cheektowaga Central Middle School Lunch Menu 5 ~ 8 March 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Entrees Available Daily

Chef or Julienne Salads, Turkey 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



*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


20

First Day of Spring **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

22

**Chicken Broccoli
Alfredo**
w/ 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

Nachos Grande
w/ Turkey Taco Meat
& Nacho Cheese Sauce

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