

Central A & M High School

May 2017

1

Banana Muffin

E-Chicken Fried Steak
P-Chicken Parmesan Pizza
S-Chicken Caesar Salad
Corn/Broccoli
Fresh Fruit/Mixed Fruit

2

Egg Omelet

E-Spaghetti w/meat sauce
P-Mexican Pizza
S-Taco Salad
Green Beans/Tomatoes
Fresh Fruit/Peaches

3

Cinnamon Breakfast Round

E-Beef Tacos
P-Cheeseburger Pizza
S-Egg Chef Salad
Carrots/Cucumber Slices
Fresh Fruit/Pears

4

Ham & Cheese Biscuit

E-Chicken & Noodles
P-Buffalo Chicken Pizza
S-Ham & Turkey Chef Salad
Mashed Potatoes/Celery
Fresh Fruit/Applesauce

5

Biscuit & Gravy

E-General Tso's Chicken
P-Meat Lover's Pizza
S-Baja Salad
Broccoli/Baby Carrots
Fresh Fruit/Juice

8

Waffle

E-Meatloaf w/gravy
P-Hawaiian Ham Pizza
S-Nacho Salad
Mashed Potatoes/Tomatoes
Fresh Fruit/Mixed Fruit

9

Breakfast Pizza

E-Popcorn Chicken Bowl
P-Taco Pizza
S-Ham Chef Salad
Corn/Cucumber Slices
Fresh Fruit/Peaches

10

Blueberry Muffin

E-BBQ Rib Sandwich
P-Mac & Cheese Pizza
S-Ham/Turkey Cobb Salad
Carrots/Celery
Fresh Fruit/Juice

11

Mini Crunch Bagel

E-Beef Nachos
P-Sausage Pizza
S-Chicken Ranch Salad
Baked Beans/Baby Carrots
Fresh Fruit/Applesauce

12

Biscuit & Gravy

E-Grilled Cheese w/tomato soup
P-Mexican Pizza
S-Egg Caesar Salad
Peas/Tomatoes
Fresh Fruit/Pineapple Tidbits

15

Chocolate Muffin

E-Pizza Sticks
P-Cheeseburger Pizza
S-Chicken Chef Salad
Corn/Fresh Broccoli
Fresh Fruit/Mixed Fruit

16

Lumberjack

E-Mini Corn Dogs
P-BBQ Chicken Pizza
S-Ham & Turkey Chef Salad
Carrots/Side Salad
Fresh Fruit/Peaches

17

Pancakes

Daily Special
French Fries/Celery
Fresh Fruit/Pears

18

Muffin

Daily Special
Peas/Cucumber-Tomatoes
Fresh Fruit/Applesauce

19

22

23

24

25

26

29

30

31

Breakfast Offered Daily

Fruit & 100% Fruit Juice served daily

Cereal Option

Breakfast Pizza offered Tuesday & Thursday

Glazed, Powered, Sugar Cinnamon Donut offered MWF

White, Chocolate and Strawberry Milk offered at Breakfast and Lunch

Lunch Offered Daily

Variety of Fruit & Vegetables served daily

Chicken Patty Sandwiches, Cheeseburgers, Pizza

French Fries, SB&J