

Central A & M Bond January 2023 Menu



No School

Teacher's Institute

Maple Waffle

- A: French Toast with Sausage
- B: Cheeseburger
- C: SBJ Sandwich

5

Chocolate Muffin with Cheese

- A: Kickin" Bean & Beef Bowl
- B: Popcorn Chicken
- C: SBJ Sandwich

Oatmeal Benefit Bar

- A: Cheese Pizza
- B: Ace Meal: Chicken Nuggets
- C: SBJ Sandwich

Mini Chocolate Donuts

- A: Scrambled Eggs with
- B: Chicken Patty Sandwich
- C: SBJ Sandwich

National Apricot Day

10

Breakfast Bread

- A: Sloppy Joe B: Aceable - Pizza C: SBJ Sandwich
 - *Treat Tuesday*

11

Mini Cinnamon Cream Cheese Bagel

- A: Country Fried Steak w/ Country Gravy
- B: Ham & Cheese Sandwich
- C: SBJ Sandwich

12

Breakfast Cookie

- A: Pulled Pork Nachos
- B: Pizza Max Sticks
- C: SBJ Sandwich

13

Apple Cinnamon Muffin with Cheese

- A: Pepperoni Pizza
- B: Italian Sub
- C: SBJ Sandwich

16



17

Apple Blueberry Benefit Bar

- A: Walking Taco
- B: Chicken Tenders
- C: SBJ Sandwich

18

Triple Berry French Toast

- A: Salisbury Steak w/ Beef
- B: Chicken Patty Sandwich
- C: SBJ Sandwich

19

Banana Muffin w/Cheese

- A: Chicken & Noodles
- B: Meatball Sub
- C: SBJ Sandwich

20

Mini Strawberry Cream Cheese Bagels

- A: Cheese Pizza
- B: Corn Dog
- C: SBJ Sandwich

23

Cinnamon French Toast

- A: Beef Nachos
- B: Hot Dog
- C: SBJ Sandwich

24

- A: Spaghetti with Meat
- B: Cheeseburger
- C: SBJ Sandwich

Treat Tuesday

Pop Tart

25

Breakfast Pizza

- A: Ham and Cheese Sandwich
- B: BBQ Rib Sandwich
- C: SBJ Sandwich

26

Mini Pancakes

- A: Popcorn Chicken
- B: Pulled Pork Sandwich
- C: SBJ Sandwich

Banana Benefit Bar

- C: SBJ Sandwich

Blueberry Muffin

- B: Mini Corndogs C: SBJ Sandwich

31

Lumberjack

- A: Omelet w/ Donut
- C: SBJ

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Powering potential.

- A: Pepperoni Pizza
- B: Chicken Patty

30

A: Bosco Sticks with Marinara Sauce

B: Ace Meal: Cheeseburger NUTRITION

More info...

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

menu is subject to change without notice

More info...

All Breads are Whole Grain All juice is 100% fruit juice Fresh Vegetables and Fruit Served Daily

Sun Butter and Jelly Sandwich = Offered Daily

