

# Centerville-Abington Community Schools

November 2nd-December 21st

Jr.High  
Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Hamburger on Bun Potato Wedges Green Beans Fruit Side Kick	Walking Tacos w/ Toppings Black Beans Salsa Banana	Biscuits & Gravy Hash Brown Sausage Links Peaches	Mini Corn Dogs Baked Beans Carrot Sticks Apple	Pizza Bar Corn Applesauce Cookie or Brownie
WEEK 2	Popcorn Chicken or Nuggets Peas Bag of Chips Fruit Side Kick	Macaroni and Cheese Garlic Bread Broccoli Banana	Salisbury Steak w/Roll Mashed Potatoes/Gravy Green Beans Mixed fruit	Pancakes or French Toast Hash Brown Smiles Sausage links Apple Juice	Pizza Bar Corn Applesauce Cookie or Brownie
WEEK 3	Chicken Patty Sandwich Carrots Baked Beans Fruit Side Kick	Chicken or Beef Nachos Queso Cheese Black Beans/Mixed Veggies Banana	Calzone or Stromboli w/ Pizza Sauce Broccoli Pears	Popcorn Shrimp Baby Potatoes String Cheese Peas Apple	Pizza Bar Corn Applesauce Cookie or Brownie
WEEK 4	Bosco Sticks w/ Pizza Sauce Baked Beans Fruit Side Kick	Boneless Wings Celery & Carrot Sticks Bag of Chips Banana	Pasta w/ Meat Sauce Garlic Bread Green Beans Strawberries	Chicken Snack Wraps Lettuce/Tomato Goldfish Broccoli Apple	Pizza Bar Corn Applesauce Cookie/Brownie

**Lunch Prices:**

Student \$2.60  
Reduced \$0.40  
Adult \$3.50

**Theme Dates:**

Determined by school  
Café Manager on site



**No School Dates:**

Sept 7th-Labor Day  
Oct 26-30th Fall Break

**Lunch Includes:**

Entrée Choice (Protein & whole grain-rich Grain)  
1 Fruit Choice  
1 or 2 Vegetable Choice  
1 Low Fat or Fat Free Milk

AUGUST					SEPTEMBER					OCTOBER				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
	4	5	6	7		1	2	3	4				1	2
10	11	12	13	14	-----	8	9	10	11	5	6	7	8	9
17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
31					28	29	30			Fall Break	-----	-----	-----	-----

**B-Option**

Monday-Hot Dog  
Tuesday-Pull Pork  
Wednesday- Quesadilla  
Thursday-Cooks Choice

**C-Option**

Grilled Cheese

**\*Important Information\***

Chef Salads and other Main Entree' choices will be available at the discretion of the kitchen staff.  
All Centerville-Abington Community School lunch menus are in agreeance with the Healthy Hunger-Free Kids Act of 2010. Nutrition Standards apply to all foods sold within the National School Lunch Program and all competitive foods sold as ala carte items.

This menu is subject to change without notice.