



# OCTOBER | 2017

## Centerville Junior High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Chicken Rings Mashed Sweet Potatoes Peas Pineapple Cookie Milk	<b>3</b> WG Spaghetti with WG Garlic Bread Green Beans Side Salad Peaches Milk	<b>4</b> Chicken Fajita on WG Tortilla Shell with Queso Cheese Black Beans & Salsa Grapes Milk	<b>5</b> WG Pancakes with Syrup Sausage Patty Hashbrown Smiles Orange Slices Milk	<b>6</b> Sloppy Joe on WG Bun Broccoli with Cheese Mixed Fruit Milk
<b>9</b> Salisbury Steak with Mashed Potatoes & Gravy Cooked Carrots Fruit Milk	<b>10</b> Chicken Parmesan with Garlic Bread & Spaghetti Noodles Side Salad Pineapple Milk	<b>11</b> Cheeseburger Meatloaf Scalloped Potatoes Baked Beans Clementine Cookie Milk	<b>12</b> Homemade Chicken & Noodles with Dinner Roll Mashed Potatoes & Gravy Corn Apples with Caramel Dip Milk	<b>13</b> Smoked Sausage, Green Beans, and Potatoes Cornbread Fruit Rice Krispie Treat Milk
<b>16</b> Deli Meat Wraps with WG Cheez-Its Shrd Lettuce & Tomato Baked Beans Strawberries Milk	<b>17</b> Chicken Nachos on WG Tortilla Chips with Queso Cheese Black Beans & Mixed Veggies Apple Slices Cookie      Milk	<b>18</b> Pepperoni Pizza Burger on WG Bun Cooked Carrots Banana Milk	<b>19</b> WG Chicken Nuggets Baked Potato Wedges Broccoli Applesauce Milk	<b>20</b> Pizza Bar! Corn Pears Fruit Slushie Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Fall Break – No School!</b>				
<b>30</b> WG Popcorn Chicken Bites with Baked Potato Chips Mashed Potatoes & Corn Mixed Fruit Milk	<b>31</b> Kitchen's Choice Vegetable Fruit Spooky Sundae Ice Cream Milk	<b>You must be pre-approved to receive free or reduced price meals. Contact Wanda McConaha at 855-3475 or print the Application for Free and Reduced Meals from the school website. Completed applications can be turned in at the Admin Building, CJHS main office, or CJHS cafeteria.</b>		

**National School Lunch Week is October 9-13!** Enjoy new lunch recipes during this week long event! Each day we will have a drawing for iTunes and AMC Theatre giftcards! Participation required to be eligible to win. B & C lunch choices will be limited this week only! See kitchen staff with questions.

**Meal Prices**  
Lunch: \$2.50  
Reduced Lunch: \$0.40  
Adult Lunch: \$3.00

**B Option**  
Monday- Hot Dog on WG Bun  
Tuesday- Hamburger or Cheeseburger on WG Bun  
Wednesday- Pulled Pork on WG Sub Bun  
Thursday – WG Corndogs  
Friday- WG Pizza Bar  
Chef salads and other main entrée choices will be available at the discretion of the kitchen staff.

All Centerville-Abington Community School lunch menus are in agreement 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 with or without notice.*