2011-12 East Central High School

BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional	Donut or French Toast with Sausage	Scrambled Eggs w/ Ham Eggo Mini Pancakes Ham & Cheese Biscuit	Cinnamon Roll or Donut with Little Smokey	Oatmeal / Cinn Toast or Waffle w/ Sausage Link Pancake on stick	Donut / Sausage Sausage Biscuit
American Pride	Breakfast Pizza	Bagel Breakfast Pizza	Breakfast Pizza	Bagel Breakfast Pizza	Breakfast Pizza
Quick Stop	Cereal / Toast	Cereal / Toast	Cereal / Toast	Cereal / Toast	Cereal / Toast
	Yogurt / Grahams	Yogurt / Grahams	Yogurt / Grahams	Yogurt / Grahams	Yogurt / Grahams
Corner Café	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait

Choose 3-4 items for reimbursable meal. Milk, juice, fruit or vegetable must be selected to make reimbursable breakfast.
Selection of skim, 1% lowfat, chocolate and strawberry milk choices available for breakfast and lunch. Fresh fruit offered daily as fruit choice or a la carte.

LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Line 3 **HOMESTYLE**	**Chicken Strips** Wheat Roll Potato Smiles Mixed Fruit	**Chicken Fried Steak** Mashed Potatoes Green Beans Wheat Roll Peaches w/ Topping	**Spaghetti & Meatballs,** Breadstick Lettuce/Tomato Pineapple & Kiwi **Chicken Strips** Potato Tots	**Chicken Nuggets** Wheat Roll Potato Smiles Cucumbers/Carrots Sticks Blushed Applesauce	**Fish Sticks** Mac & Cheese Mixed Vegetables Wheat Roll Blushed Pears
Line 4 **INTERNATIONAL**	**Pasta La Vista** Peas & Carrots Breadstick Mixed Fruit	**Taco Salad** Pinto Beans Peaches w/ Topping	**Enchiladas w/ Chili** Spanish Rice Refried Beans Lettuce/Tomato Pineapple & Kiwi	**Beef & Bean Burrito** Spanish Rice Cucumbers/Carrots Sticks Blushed Applesauce	**Asian Chicken** Brown Rice Mixed Vegetables Blushed Pears
Line 5 **INTERNATIONAL**	**Orange Chicken** Brown Rice Peas & Carrots Mixed Fruit	**Chicken Parmesan** on Pasta Lettuce/Tomato Peaches w/ Topping	**Enchiladas w/ Chili** Spanish Rice Refried Beans Lettuce/Tomato Pineapple & Kiwi	**Cheese Sticks** with Marinara Sauce Lettuce/Tomato Corn Blushed Applesauce	**Spicy Asian** Brown Rice Mixed Vegetables Blushed Pears
Line 6 **GRILLE**	**Chickenburger** Potato Smiles, LTP Mixed Fruit **Buffalo Strips** Celery or Carrot Sticks with Ranch	**Cheeseburger** Fries Lettuce/Tomato/Pickle Peaches w/ Topping **Chicken Nuggets** Wheat Roll	**Steak Fingers w/ Gravy** Potato Tots Lettuce/Tomato Pineapple & Kiwi **Chicken Strips** Wheat Roll	**Cheeseburger** Potato Smiles, LTP Cucumbers/Carrots Sticks Blushed Applesauce **Chicken Nuggets** Wheat Roll	**Flamebroiled Chicken Dipper** Deli Roaster Potatoes Wheat Roll Blushed Pears **Chicken Strips** Wheat Roll
Line 7 **GRILLE** **Pepperoni & Cheese Pizza Offered Daily**	**Sausage Pizza** Lettuce/Tomato Mixed Fruit	**Vegetarian Pizza** Lettuce/Tomato Peaches w/ Topping	**French Bread Pizza** Lettuce/Tomato Pineapple & Kiwi	**Ham & Pineapple Pizza** Cucumbers/Carrots Sticks Blushed Applesauce	**Manager's Special Pizza** Lettuce/Tomato Blushed Pears
SALADS	Chef Salad	Tuna Salad	Chef Salad	Vegetable Salad	Chef Salad

CORNER CAFÉ	Baked Potato Meal	Baked Potato Meal	Baked Potato Meal	Baked Potato Meal	Baked Potato Meal
	Yogurt & Fruit Kit	Yogurt & Fruit Kit	Yogurt & Fruit Kit	Yogurt & Fruit Kit	Yogurt & Fruit Kit
	Ham & Cheese	Turkey & Cheese	Ham & Cheese	Turkey & Cheese	Ham & Cheese
	Peanut Butter & Jelly	Tuna Salad Sandwich	Peanut Butter & Jelly	Peanut Butter & Jelly	Peanut Butter & Jelly
		Peanut Butter & Jelly			

OUTBACK	Bean & Cheese Burrito	Corn Dog	Beef, Bean & Red Chili Burrito	Corn Dog	Bean & Cheese Burrito
	Chicken Strips	Chicken Nuggets	Chicken Strips	Chicken Nuggets	Chicken Strips
	Buffalo Strips	Calzone	Calzone	Calzone	Calzone
	Calzone	Clux Spicy Chicken Sandwich	Clux Chicken Sandwich	Clux Spicy Chicken Sandwich	Clux Chicken Sandwich

Deli kits consisting of choices of cold sandwich, fruits and vegetables, pretzels or baked snacks available everyday.

Students may decline any food items. If 3-5 items are not selected for reimbursable meal, students will be charged a la carte prices.
Menus subject to change without notice due to availability of food items.

Thanksgiving Dinner - Nov. 8 Holiday Meal - Dec. 6

As of 3/30/12