



# Central High School Panther Café-Jan. 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Beef Mac and Cheese	4 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Chicken Quesadilla	5 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Turkey Mashed w/roll	6 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Cheese Meat Lasagna
9 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Bacon Cheese Burger	10 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Chicken Nuggets w/roll	11 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Bosco Sticks	12 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Mexi Mac & Cheese	13 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Turkey Noodle Casserole
16 No School	17 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Bosco Sticks	18 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Turkey Mashed w/roll	19 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Sloppy Joe w/tator tots	20 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza 3 C's??
23 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Chicken Quesadilla	24 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Hot Dog	25 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Sloppy Joe w/tator tots	26 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Meat Spaghetti	27 Meat Soft Taco Bento Grill Deli Bar w/chips Fresh Baked Pizza Baked Chicken w/roll
30 No School	31 Nacho Bar Bento Grill Deli Bar w/chips Fresh Baked Pizza Chicken Quesadilla			

**This institution is an equal opportunity provider.**

Low fat Milk and a Trip thru our Fresh Salad Bar is also included with the Meal

### Did You Know?

Pizza: We will be offering different fresh baked daily choices.

Meat Soft Taco: Protein choices will be fresh made refried beans, fajita chicken, or seasoned ground beef

Bento: Fresh cooked vegetables, with chicken and your choice of Sweet and Sour Sauce or Teriyaki Sauce

Grill: Hamburger, Cheeseburger and our **new** Fire Chicken Sandwich

Deli: Whole wheat fresh baked deli bread with choice of protein and vegetable

Home Style: Our daily choice for new items

**MENU SUBJECT TO CHANGE**