

# CENTRAL HIGH SCHOOL--TIGER CAFÉ MENU

**STUDENT LUNCH**

**STUDENT PLATE \$2.40**

**MAY 1 TO MAY 5**

**ADULT LUNCH**

**ADULT PLATE \$3.40**

**FALL/SPRING-WEEK TWO**

**WK 2/Pg 1**

**A PLATE LUNCH INCLUDES AT LEAST 1 FRUIT OR 1 VEGETABLE & 2 - 3 ADDITIONAL MEAL COMPONENTS**

**3 -5 COMPONENTS TOTAL=MEAL COMPONENTS ARE DEFINED AS MEAT, GRAIN, FLUID MILK, FRUIT AND VEGETABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DELI SUB SHOP</b> <b>SUB ROLL</b> <b>DELI WRAP</b>	DELI HAM & CHEESE DELI TURKEY & CHEESE GRILLED CHICKEN BUFFALO CHICKEN	DELI HAM & CHEESE DELI TURKEY & CHEESE GRILLED CHICKEN BUFFALO CHICKEN	DELI HAM & CHEESE DELI TURKEY & CHEESE GRILLED CHICKEN BUFFALO CHICKEN	DELI HAM & CHEESE DELI TURKEY & CHEESE GRILLED CHICKEN BUFFALO CHICKEN	DELI HAM & CHEESE DELI TURKEY & CHEESE GRILLED CHICKEN BUFFALO CHICKEN
	BREADS: FRESH BAKED SUB ROLL, TORTILLA WRAPS, SOFT BUTTER CROISANT				
	TOPPINGS: LETTUCE, TOMATO, PICKLES, ONIONS, BLACK OLIVES, SWEET PEPPERS, JALAPENO PEPPERS, GREEN PEPPERS, MAYO, MUSTARD, HONEY MUSTARD, VINEGAR AND OIL, ITALIAN DRESSING, CAESAR DRESSING				

<b>TEX-MEX EXPRESS</b>	CHILI CHEESE FRITOS	FISH TACO  ASIAN SLAW	MINI CRISPY TACOS W/ CHEESE	CRISPITOS WITH CHEESE	PORK NACHOS (Pulled Pork Carnitas) ( w/ Cheese)
	TOPPINGS: SHREDDED CHEESE, NACHO CHEESE, LETTUCE, SOUR CREAM, SALSA, TOMATOES, BLACK OLIVES JALAPENO PEPPERS				

<b>MAIN FARE</b>	GLAZED MEATLEAF W/ LG WG ROLL  WHIPPED POTATOES W/W/out GRAVY	CHILI CHEESE FRIES  BANANA BREAD SLICE	BAKED POTATO BAR POTATO TOPPED WITH BBQ PORK & CHEESE BROCCOLI W/ CHEESE CHEESE, SOUR CREAM & BACON BITS		BONELESS CHICKEN WINGS (MILD OR HOT & SPICY) W/ GARLIC BREAD  SEASONED SPIRAL FRIES
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<b>PIZZA PIES</b>	<b>BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CRUST</b> CHEESE PEPPERONI MEAT COMBO TIGER SUPREME	<b>BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CRUST</b> CHEESE PEPPERONI MEAT COMBO SPECIALTY PIZZA	<b>BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CRUST</b> CHEESE PEPPERONI MEAT COMBO TIGER SUPREME	<b>BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CRUST</b> CHEESE PEPPERONI MEAT COMBO SPECIALTY PIZZA	<b>BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CRUST</b> CHEESE PEPPERONI MEAT COMBO TIGER SUPREME
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PASTA CENTRAL</b>	<b>ROTINI OR SPAGHETTI</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHSE STUFFER	<b>ROTINI OR SPAGHETTI</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHE STUFFER	<b>ROTINI OR SPAGHETTI</b> CHICKEN ALFREDO BOSCO CHEESE STICK BAKED BEEF RAVIOLI YEAST ROLL-LARGE  GRILLED CHSE STUFFER	<b>ROTINI OR SPAGHETTI</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHSE STUFFER	<b>ROTINI OR SPAGHETTI</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHE STUFFER

<b>TIGER GRILL</b>	CHEESEBURGER HAMBURGER SPICY CHICKEN SAND.  CRINKLE CUT FRIES	PEPPERONI & CHEESE STROMBOLI <b>DELUXE PREMIEM                      CHICKEN SANDWICH**</b> CRINKLE CUT FRIES	PEPPERONI & CHEESE CALZONE W/ SAUCE BRD. CHICKEN SAND  POTATO SMILES	CHICKEN TENDERS W/ GARLIC BREAD STICK <b>DELUXE PREMIEM                      CHICKEN SANDWICH**</b> POTATO WEDGES	CHEESEBURGER HAMBURGER SPICY CHICKEN SAND.  SEASONED SPIRAL FRIES
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**\*\*ADD \$.50 FOR SUPER SIZE SANDWICH MEALS**

<b>GRAB N GO</b>	CHEF SALAD GRILLED CHICKEN SALAD PB & J UNCRUSTABLE	CHEF SALAD GRILLED CHICKEN SALAD PB & J UNCRUSTABLE	CHEF SALAD GRILLED CHICKEN SALAD PB & J UNCRUSTABLE	CHEF SALAD GRILLED CHICKEN SALAD PB & J UNCRUSTABLE	CHEF SALAD GRILLED CHICKEN SALAD PB & J UNCRUSTABLE
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<b>VEGETABLE OF THE DAY</b>	GREEN BEANS  FRESH VEGETABLES  VEGETABLE JUICE  GARDEN SALAD	GLAZED CARROTS BROCCOLI SALAD FRESH VEGETABLES  VEGETABLE JUICE  ITALIAN SALAD	BROCCOLI W/ CHEESE  FRESH VEGETABLES  VEGETABLE JUICE  GARDEN SALAD	WHOLE KERNEL CORN PEA SALAD FRESH VEGETABLES  VEGETABLE JUICE  ITALIAN SALAD	BLACKEYED PEAS  FRESH VEGETABLES  VEGETABLE JUICE  GARDEN SALAD
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<b>FRUIT OF THE DAY</b>	<b>FRUIT CHOICES</b> CANNED,FRESH, FROZEN FRUIT SORBET	<b>FRUIT CHOICES</b> CANNED,FRESH, FROZEN FRUIT SORBET	<b>FRUIT CHOICES</b> CANNED,FRESH, FROZEN FRUIT SORBET	<b>FRUIT CHOICES</b> CANNED,FRESH, FROZEN FRUIT SORBET	<b>FRUIT CHOICES</b> CANNED,FRESH, FROZEN FRUIT SORBET
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<b>DESSERT BAR</b>	PUDDING	FROSY CREAM	APPLE CRUMB CAKE	PUDDING	COOKIE-VARIETY
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<b>ALA CARTE STOP</b>	CRINKLE CUT FRIES	CRINKLE CUT FRIES	POTATO SMILES	POTATO WEDGES	SEASONED SPIRAL FRIES
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