

CENTRAL HIGH SCHOOL--TIGER CAFÉ MENU

STUDENT LUNCH

STUDENT PLATE \$2.40

MAY 8 TO MAY 12

ADULT LUNCH

ADULT PLATE \$3.40

FALL/SPRING-WEEK THREE

WK 3/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
DELI SUB SHOP SUB ROLL DELI WRAP	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					

TEX-MEX EXPRESS	CHIX-CHEESE-NACHOS (**FAJITA CHICKEN W/ WHITE QUESO CHEESE OVER CHIPS**)	TACO TUESDAY (1 SOFT SHELL TACO) REFRIED BEANS	CRISPITOS WITH CHEESE	TACO SALAD	SUPER NACHOS
TOPPINGS: SHREDDED CHEESE, NACHO CHEESE, LETTUCE, SOUR CREAM, SALSA, TOMATOES, BLACK OLIVES JALAPENO PEPPERS					

MAIN FARE	BRD PORK STEAK WG LG ROLL WHIPPED POTATOES W/W out BROWN GRAVY	OVEN BAKED BREADED CHICKEN WG LG ROLL AuGRATIN POTATOES		BEEF AND BROCCOLI OVER FRIED RICE W/ VEG. EGG ROLL	BREAKFAST FOR LUNCH CHICKEN AND WAFFLES SYRUP SEASONED SPIRAL FRIES
------------------	---	--	--	--	--

PIZZA PIES	BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CHEESE PEPPERONI MEAT COMBO TIGER SUPREME	BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CHEESE PEPPERONI MEAT COMBO SPECIALTY PIZZA	BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CHEESE PEPPERONI MEAT COMBO TIGER SUPREME	BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CHEESE PEPPERONI MEAT COMBO SPECIALTY PIZZA	BY THE SLICE-16" FRESH PIZZA OR FLATBREAD CHEESE PEPPERONI MEAT COMBO TIGER SUPREME
-------------------	--	--	--	--	--

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

PASTA CENTRAL	ROTINI OR SPAGHETTI MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK GRILLED CHSE STUFFER	ROTINI OR SPAGHETTI MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK GRILLED CHE STUFFER	ROTINI OR SPAGHETTI MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK GRILLED CHSE STUFFER	ROTINI OR SPAGHETTI MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK GRILLED CHSE STUFFER	ROTINI OR SPAGHETTI MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK GRILLED CHE STUFFER
----------------------	---	--	---	---	--

TIGER GRILL	CHEESEBURGER HAMBURGER SPICY CHICKEN SAND. CRINKLE CUT FRIES	MOZZ. CHEESE STICKS W/ MARN. SAUCE DELUXE PREMIEM CHICKEN SANDWICH** POTATO TOTS	FRENCH BREAD PIZZA BRD. CHICKEN SAND. POTATO SMILES	BBQ RIB ON BUN DELUXE PREMIEM CHICKEN SANDWICH** POTATO WEDGES	CHEESEBURGER HAMBURGER SPICY CHICKEN SAND. SEASONED SPIRAL FRIES
--------------------	---	---	---	--	---

****ADD \$.50 FOR SUPER SIZE SANDWICH MEALS**

GRAB N' GO	CHEF SALAD W/ 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
-------------------	--	---	---	---	---

VEGETABLE OF THE DAY	GREEN BEANS FRESH VEGETABLES VEGETABLE JUICE GARDEN SALAD	GLAZED CARROTS KIDNEY BEAN SALAD FRESH VEGETABLES VEGETABLE JUICE ITALIAN SALAD	BROCCOLI W/ CHEESE FRESH VEGETABLES VEGETABLE JUICE GARDEN SALAD	WHOLE KERNEL CORN BROCCOLI SALAD FRESH VEGETABLES VEGETABLE JUICE ITLAIAN SALAD	GREEN PEAS FRESH VEGETABLES VEGETABLE JUICE GARDEN SALAD
-----------------------------	--	---	---	---	---

FRUIT OF THE DAY	FRUIT CHOICES CANNED,FRESH, FROZEN FRUIT SORBET	FRUIT CHOICES CANNED,FRESH, FROZEN FRUIT SORBET	FRUIT CHOICES CANNED,FRESH, FROZEN FRUIT SORBET	FRUIT CHOICES CANNED,FRESH, FROZEN FRUIT SORBET	FRUIT CHOICES CANNED,FRESH, FROZEN FRUIT SORBET
-------------------------	--	--	--	--	--

DESSERT BAR	PUDDING	FROSTY CREAM	AMBROSIA SALAD	PUDDING	COOKIE-VARIETY
--------------------	---------	--------------	----------------	---------	----------------

ALA CARTE STOP	CRINKLE CUT FRIES	POTATO TOTS	POTATO SMILES	POTATO WEDGES	SEASONED SPIRAL FRIES
-----------------------	-------------------	-------------	---------------	---------------	-----------------------