

# CENTRAL HIGH SCHOOL--TIGER CAFÉ MENU

**STUDENT LUNCH**

**STUDENT PLATE \$2.40**

**MAY 15 TO MAY 17**

**ADULT LUNCH**

**ADULT PLATE \$3.40**

**FALL/SPRING-WEEK FOUR**

**WK 4/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**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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		
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	CRISPITOS WITH CHEESE		
TOPPINGS: SHREDDED CHEESE, NACHO CHEESE, LETTUCE, SOUR CREAM, SALSA, TOMATOES, BLACK OLIVES JALAPENO PEPPERS					

<b>MAIN FARE</b>	HONEY SRIRACHA CHICKEN RICE BOWL	CHILI CHEESE TOTS  BANANA BREAD SLICE			
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<b>PIZZA PIES</b>	<b>BY THE SLICE-16" FRESH PIZZA</b> CHEESE PEPPERONI MEAT COMBO TIGER SUPREME	<b>BY THE SLICE-16" FRESH PIZZA</b> CHEESE PEPPERONI MEAT COMBO SPECIALTY PIZZA	<b>BY THE SLICE-16" FRESH PIZZA</b> CHEESE PEPPERONI MEAT COMBO TIGER SUPREME		
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>PASTA CENTRAL</b>	<b>ROTINI OR SPAGHETTI</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHSE STUFFER	<b>ROTINI OR SPAGHETTI (1)</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHE STUFFER	<b>ROTINI OR SPAGHETTI (1)</b> MEAT SAUCE CHICKEN ALFREDO BOSCO CHEESE STICK  GRILLED CHSE STUFFER		
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<b>TIGER GRILL</b>	CHEESEBURGER HAMBURGER SPICY CHICKEN SAND.  CRINKLE CUT FRIES	HOMESTYLE CHICKN BITES W/ BREAD STICK <b>CLUX DELUXE PREMIEM          CHICKEN SANDWICH**</b> POTATO TOTS	PEPPERONI & CHEESE CALZONE W/ SAUCE BRD. CHICKEN SAND  POTATO SMILES		
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**\*\*ADD \$.50 FOR SUPER SIZE SANDWICH MEALS**

<b>GRAB N' GO</b>	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		
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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		
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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		
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<b>DESSERT BAR</b>	PUDDING	FROSY CREAM		
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<b>ALA CARTE STOP</b>	CRINKLE CUT FRIES	POTATO TOTS	POTATO SMILES	
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