

Menus  
for  
**December  
2018**

**Cape Girardeau  
Public Schools,  
Central Academy**

This institution is an equal opportunity provider.  
Menus are subject to change.

**Monday, December 3**

**Breakfast**  
Mini Pancakes

**Lunch**  
Chicken Nachos  
Cheeseburger or Hamburger  
Spicy Breaded Chicken  
Sandwich  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 4**

**Breakfast**  
French Toast Sticks

**Lunch**  
Chinese Orange Chicken  
with Fried Rice  
Pulled Pork Sandwich  
Buffalo Chicken Sub  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Wednesday, December 5**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Chicken or Cheese Quesadilla  
Oven Roasted Chicken  
French Bread Pizza  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Thursday, December 6**

**Breakfast**  
Cinnamon Roll

**Lunch**  
Crispitos with Cheese  
Ham Chef Salad  
Mini Corn Dogs  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Friday, December 7**

**Breakfast**  
Variety of Biscuit Sandwiches

**Lunch**  
French Toast Sticks  
with Sausage  
Cheeseburger or Hamburger  
Pizza Slice  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Available Daily**

**Breakfast**  
Honey Bun  
Jumbo Muffin  
Benefit Bar  
Cereal Bar  
Cereal or Yogurt w/ or  
w/out Side Item  
Fruit Juice Choice  
Milk Choices

**Available Daily**

**Lunch Entrees**  
Hot Vegetable  
of the Day  
Selection of Fresh  
Vegetables & Juices  
Selection of Fruit  
Milk Choices

**Monday, December 10**

**Breakfast**  
Mini Waffles

**Lunch**  
Beef Meatloaf  
Pulled Pork Nachos  
Spicy Breaded Chicken  
Sandwich  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 11**

**Breakfast**  
Bacon, Egg & Cheese  
Scramble with Biscuit

**Lunch**  
Chili Cheese Fries  
Hot & Spicy Popcorn Chicken  
Grilled Chicken Sub  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Wednesday, December 12**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
*\*Nacho Bites\* New Item*  
Honey Sriracha Boneless  
Chicken Wings  
Hot Ham & Cheese  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Thursday, December 13**

**Breakfast**  
Apple Cinnamon Texas Toast

**Lunch**  
Crispitos with Cheese  
Turkey Chef Salad  
Breaded Chicken Tenders  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Friday, December 14**

**Breakfast**  
Variety of Biscuit Sandwiches

**Lunch**  
Super Nachos  
Pizza Slice  
Cheeseburger or Hamburger  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**HAPPY  
HOLIDAYS**

FROM YOUR SCHOOL  
NUTRITION STAFF!

**Monday, December 17**

**Breakfast**  
Mini French Toast

**Lunch**  
Ravioli  
Cheeseburger or Hamburger  
Spicy Breaded Chicken  
Sandwich  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 18**

**Breakfast**  
Pancake & Sausage Stick

**Lunch**  
**Holiday Meal**  
Turkey & Gravy with  
Dressing & Dinner Roll  
Mozzarella Cheese Sticks  
Mashed Potatoes  
Fresh Vegetables  
Fruit Choices  
Pumpkin Pie Pudding

**Wednesday, December 19**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Chinese Sweet Chili Thai  
Chicken w/ Rice & Egg Roll  
Breaded Chicken Sandwich  
Pepper Jack Burger  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Thursday, December 20**

**Breakfast**  
Glazed Donut

**Lunch**  
Crispitos with Cheese  
Ham Chef Salad  
BBQ Rib Sandwich  
Grilled Cheese Stuffers  
PB&J Uncrustables  
Fresh Vegetables  
Fruit Choices

**Friday, December 21**

**Breakfast**  
Chef's Choice

**Lunch**  
**No Lunch Served**

We will see you in the  
New Year! Have a safe and  
happy holiday break!

**Classes resume on  
Thursday,  
January 3, 2019!**