

Menus
for
**December
2018**

**Cape Girardeau
Public Schools,
Central High School**

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

Monday, December 3

Breakfast
Mini Pancakes

Lunch
Tex-Mex: Chicken Nachos
Main: Chili Cheese Tots
Grill: Cheeseburger or
Hamburger OR Spicy
Breaded Chicken Sandwich

Tuesday, December 4

Breakfast
French Toast Sticks

Lunch
Tex-Mex: Soft Shell Tacos
Main: Chinese Orange
Chicken with Fried Rice
Grill: Pulled Pork Sandwich
OR Premium Chicken
Sandwich

Wednesday, December 5

Breakfast
Sausage Breakfast Pizza

Lunch
Tex-Mex: Chicken or
Cheese Quesadilla
Main: Oven Roasted
Chicken
Grill: French Bread Pizza
OR Breaded Chicken
Sandwich

Thursday, December 6

Breakfast
Cinnamon Roll

Lunch
Tex-Mex/Main: Crisпитos
with Cheese
Grill: Mini Corn Dogs OR
Premium Chicken Sandwich

Friday, December 7

Breakfast
Variety of Biscuit Sandwiches

Lunch
Tex-Mex: Super Nachos
Main: French Toast Sticks
with Sausage
Grill: Cheeseburger or
Hamburger OR Spicy
Breaded Chicken Sandwich

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
Freshly Prepared
Salads

Deli Subs & Wraps

Pizza by the Slice

Pasta Bar

Grilled Cheese
Stuffers

PB&J Uncrustables

Fresh Vegetables,
Fruit & Juices

Milk Choices

Monday, December 10

Breakfast
Mini Waffles

Lunch
Tex-Mex: Pulled Pork
Nachos
Main: Beef Meatloaf
Grill: Cheeseburger or
Hamburger OR Spicy
Breaded Chicken Sandwich

Tuesday, December 11

Breakfast
Bacon, Egg & Cheese
Scramble with Biscuit

Lunch
Tex-Mex: Walking Taco
Main: Chili Cheese Fries
Grill: Hot & Spicy Popcorn
Chicken OR Premium Chicken
Sandwich

Wednesday, December 12

Breakfast
Sausage Breakfast Pizza

Lunch
Tex-Mex: *New Item*
Nacho Bites
Main: Honey Sriracha
Boneless Chicken Wings
Grill: Hot Ham & Cheese
Sandwich OR Breaded
Chicken Sandwich

Thursday, December 13

Breakfast
Apple Cinnamon Texas Toast

Lunch
Tex-Mex/Main: Crisпитos
with Cheese
Grill: Chicken Tenders OR
Premium Chicken Sandwich

Friday, December 14

Breakfast
Variety of Biscuit Sandwiches

Lunch
Tex-Mex: Super Nachos
Main: Cheeseburger Mac
Grill: Cheeseburger or
Hamburger OR Spicy
Breaded Chicken Sandwich

**HAPPY
HOLIDAYS**

FROM YOUR SCHOOL
NUTRITION STAFF!

Monday, December 17

Breakfast
Mini French Toast

Lunch
Tex-Mex: Chicken Nachos
Main: Ravioli
Grill: Cheeseburger or
Hamburger OR Spicy
Breaded Chicken Sandwich

Tuesday, December 18

Breakfast
Pancake & Sausage Stick

Lunch
Tex-Mex: Soft Shell Tacos
Main: *Holiday Meal*
Turkey & Gravy with
Dressing, Dinner Roll
& Mashed Potatoes
Grill: Mozzarella Cheese
Sticks OR Premium Chicken
Sandwich

Wednesday, December 19

Breakfast
Sausage Breakfast Pizza

Lunch
Tex-Mex: Taco Salad
Main: Chinese Sweet Chili
Thai Chicken with Fried
Rice & Egg Roll
Grill: Pepper Jack Burger
OR Breaded Chicken
Sandwich

Thursday, December 20

Breakfast
Glazed Donut

Lunch
Tex-Mex/Main: Crisпитos
with Cheese
Grill: BBQ Rib Sandwich
OR Premium Chicken
Sandwich

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!**