

Menus  
for  
**December  
2018**

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

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

**Monday, December 3**

**Breakfast**  
Mini Pancakes

**Lunch**  
Mac & Cheese  
OR  
Spicy Breaded Chicken Sandwich  
Pick your side offering to total at least 3 meal items:  
Green Beans  
Candied Carrots

**Tuesday, December 4**

**Breakfast**  
Biscuit & Gravy

**Lunch**  
Cheeseburger Mac  
OR  
Homestyle Popcorn Chicken  
Pick your side offering to total at least 3 meal items:  
Sweet Potato Fries  
Broccoli with Cheese

**Wednesday, December 5**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Chinese Sweet Chili Thai Chicken with Fried Rice & Egg Roll  
OR  
Tiger Burger  
Pick your side offering to total at least 3 meal items:  
French Fries  
Peas

**Thursday, December 6**

**Breakfast**  
Cinnamon Roll

**Lunch**  
Crispitos  
OR  
Hot Dog  
Pick your side offering to total at least 3 meal items:  
Kidney Beans  
Corn

**Friday, December 7**

**Breakfast**  
Mini Donuts

**Lunch**  
Cheese or Pepperoni Pizza  
OR  
Pulled Pork Sandwich  
Pick your side offering to total at least 3 meal items:  
Baked Beans  
Potato Smiles

**Available Daily**

**Breakfast**  
Cereal with or w/out a side item

**Pick 1 or 2 daily from below**  
Fruit Choices  
and/or  
Fruit Juice Choices

Milk Choices

**Available Daily**

**Lunch Entrees**  
Garden Salad w/ Bread Stick & Goldfish  
Deli Sub Sandwich  
Grilled Cheese  
Stuffers  
PB&J Uncrustable  
Hot &/or Fresh  
Vegetable Choices  
Fruit Choices  
Milk Choices

**Monday, December 10**

**Breakfast**  
Pancake & Sausage Stick

**Lunch**  
Ravioli  
OR  
Chicken Cheese Nachos  
Pick your side offering to total at least 3 meal items:  
Sweet Potato Waffle Fries  
Peas

**Tuesday, December 11**

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

**Lunch**  
Cheeseburger or Hamburger  
OR  
Honey Sriracha Boneless Chicken Wings  
Pick your side offering to total at least 3 meal items:  
Potato Wedges  
Green Beans

**Wednesday, December 12**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Walking Taco  
OR  
Fish Taco  
Pick your side offering to total at least 3 meal items:  
Candied Carrots  
Cole Slaw

**Thursday, December 13**

**Breakfast**  
Apple Cinnamon Texas Toast

**Lunch**  
Sloppy Joe  
OR  
Spaghetti  
Pick your side offering to total at least 3 meal items:  
Corn  
White Beans

**Friday, December 14**

**Breakfast**  
Muffins

**Lunch**  
Pizza Slice  
OR  
Mozzarella Cheese Sticks  
Pick your side offering to total at least 3 meal items:  
Potato Tots  
Broccoli with Cheese

**Monday, December 17**

**Breakfast**  
Yogurt & Pop Tart

**Lunch**  
Mini Corn Dogs  
OR  
Hot & Spicy Popcorn Chicken  
Pick your side offering to total at least 3 meal items:  
Curly Fries  
Broccoli Salad

**Tuesday, December 18**

**Breakfast**  
Sausage & Cheese Biscuit

**Lunch**  
\*Nacho Bites\* *New Item*  
OR  
Spicy BBQ Beef Sandwich  
Pick your side offering to total at least 3 meal items:  
Corn  
Peas

**Wednesday, December 19**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
**Holiday Meal**  
Turkey & Gravy OR  
Oven Roasted Chicken with Dressing & Dinner Roll  
Pick your side offering to total at least 3 meal items:  
Mashed Potatoes  
Green Beans  
Pumpkin Pie Pudding

**Thursday, December 20**

**Breakfast**  
Glazed Donut

**Lunch**  
Crispitos with Cheese  
OR  
Breaded Chicken Smackers  
Pick your side offering to total at least 3 meal items:  
Lima Beans  
Sweet Potato Fries

**Friday, December 21**

**Breakfast**  
Chef's Choice

**Lunch**  
Chef's Choice

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

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

**HAPPY HOLIDAYS**

FROM YOUR SCHOOL NUTRITION STAFF!