

Menus
for
**December
2018**

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

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

Monday, December 3

Breakfast
Mini Pancakes
G&G: Mini Bagels with
Cream Cheese

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
G&G: Muffin

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
G&G: Apple Cinnamon Toast

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
G&G: Mini Donuts

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
G&G: Banana Bread

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
G&G: Mini Pancakes

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
G&G: Yogurt & Pop Tart

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
G&G: Cinni Minis

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
G&G: Apple or Cherry Frudel

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

Friday, December 14

Breakfast
Muffins
G&G: Honey Bun

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
G&G: Mini Bagels with
Cream Cheese

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
G&G: Muffin

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
G&G: Apple Cinnamon Toast

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
G&G: Mini Donuts

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
G&G: 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!**

**HAPPY
HOLIDAYS**

FROM YOUR SCHOOL
NUTRITION STAFF!