



# March 2020 / CENTRAL HIGH SCHOOL

**EVERYDAY CHOICES:**

<b>Week 1:</b>	<b>Week 2:</b>
Turkey & Cheese	Veggie-Style
Ham & Cheese	Chicken Caesar Salad
Nutbutter & Jelly	Chefs Salad

*Served with Milk, Fruit and Vegetables*

**Grab N Go**

MONDAY	Turkey & Cheese Sub, Chef Salad, Chicken Caesar Wrap; Protein Pack
TUESDAY	Ham & Cheese Sub, Spinach Salad, Crispy Chicken Wrap
WEDNESDAY	Italian Sub, Chicken Caesar Salad, SW Chicken Wrap
THURSDAY	American Sub, Taco Salad, Buffalo Chicken Wrap
FRIDAY	PB&J Sandwich, Garden Salad, Italian Wrap

**Everyday:** Made to order Subs and Wraps  
Choices of Turkey & Cheese, Ham & Cheese, Veggie-Style, Classic Italian, or All American Combo


**GRILL** **EVERYDAY CHOICES**

Flame Broiled Beef Patty,  
Chicken Patty: Spicy or Original; Veggie Burger!  
**New! Weekly Grill Special**  
All entrees come with fresh baked potato fries

**PIZZA** **EVERYDAY CHOICES:** Cheese, Veggie, Pepperoni

**M:** Supreme **T/Th:** Hawaiian **W:** Sausage & Olive **F:** BBQ Chicken Pizza

SIDES OFFERED DAILY WITH LUNCH CHOICES: locally grown seasonal produce, plus garden salad greens, fresh fruit, and local Umpqua Milk

<p><b>Lunch Prices:</b> Student: \$0.00 Adult: \$ 3.90</p>	<p><b>March's Fresh Pick is Leafy Greens!</b></p> 	<p><b>FAVORITES</b></p>	<p><b>LOCAL</b> Thank you to our local farmers! Try a local apple or pear from JLL Orchards, Naumes Orchards!</p>	<p><b>V = Vegetarian Items!</b></p> <p>Do you have food allergies? Please speak with your Kitchen managers to help plan your lunch!</p>
2 Zesty Pork Tacos Cilantro Rice & Zesty Beans	3 Loaded Bacon Cheese Fries w/ Rolls	4 Cheesy Breadsticks w/ Italian Marinara <b>V</b> w/ Caesar Salad	5 Chicken Ramen Bowl	6 Beefy Homemade Lasagna w/ Caesar Salad
9 Mini Cheese Ravioli w/ Parmesan Breadstick & Caesar Salad <b>V</b>	10 Soup & Sandwich Combo: Grilled Cheese & Choice of Tomato Basil or Chicken Noodle Soup	11 Chicken & Waffles Warm Berry Compote w/ Tater Tot Hash (SR1848)	12 Chicken Potato Bowl w/ Cheesy Mashed Potatoes & WW Roll	13 Classic Spaghetti & Meat sauce w/ Seasoned Green Beans & Garlic Bread
16 Bean & Cheese Enchilada w/ Aztec Corn <b>V</b>	17 Pork Pozole w/ Chips St Patty's Day!	18 Tater Temptations Loaded Baked Potato Bar w/ Assorted Toppings	19 Italian Meatball Sub w/ Caesar Salad	20 No Service – Spring Break Starts!
23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break
30 Cheesy Breadsticks w/ Italian Marinara <b>V</b> w/ Green Beans	31 100% Beef Hot Dog w/ Tots w/ Assorted Toppings	1 Korean Meatballs over Rice	2 Chicken & Waffles w/ Warm Berry Compote	3 Chicken Pesto Pasta w/ Caesar Salad

A variety of entry-level employment opportunities are available with your friendly School Nutrition team.



## 2020 / CENTRAL HIGH SCHOOL



*Herbs and spices are culinary superstars that not only add flavor, they offer impressive health benefits!*

Here are a few tasty homemade seasoning blends with easy to find herbs and spices that can help kick up the health factor of your meals.



### **Food Hero's Homemade Seasoning Blends**

*Mix ingredients well and store in an airtight container.*

#### **Taco Seasoning**

- 3 Tablespoons garlic powder
- 3 Tablespoons onion powder
- 6 Tablespoons chili powder 3 Tablespoons paprika
  - 1 Tablespoon black pepper
- Optional: 3 Tablespoons cumin 4½ teaspoons dried oregano Red pepper flakes to taste
- Makes 1 cup without optional ingredients. 2 Tablespoons = one packet (1.25 ounces) taco seasoning mix

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#### **Soulful Seasoning (salt free)**

- 3 Tablespoons onion powder
- 4 Tablespoons garlic powder
- 1 Tablespoon ground red pepper
  - 1 Tablespoon chili powder
    - 1 Tablespoon paprika
- 1 teaspoon ground black pepper
  - 2 teaspoons ground thyme
- Makes ¾ cup Use with vegetables and meats.

**For more great recipes visit:**

***<https://www.foodhero.org>***