

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Southern-style crispy chicken salad or wrap with diced tomatoes, diced bell peppers, bacon crumbles and cheddar cheese.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus



TRY THIS ONE!

Southern-style crispy chicken salad or wrap with diced tomatoes, diced bell peppers, bacon crumbles and cheddar cheese.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Monday Taco Joe

Tuesday Cordon Bleu

Wednesday Pulled BBQ

Thursday Ninja Burger

Friday Chicken Parmesan

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Spaghetti & Meat Sauce



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Hawaiian pizza topped with pineapple and banana pepper sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Buffalo Ranch

Buttermilk ranch dressing blended with cayenne pepper sauce.

Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in ADVENTURE



EVERYDAY

Chicken Nuggets w/Roll

Monday Chicken Potato Bowl w/Roll

Tuesday Turkey Roast w/Roll

Wednesday Frito Chili Pie

Thursday Chicken Parmesan w/Breadstick

Friday BBQ Pork Sliders

OCTOBER 29 - NOVEMBER 2

CENTRAL HIGH SCHOOL

Additional nutrition information available upon request.

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF THE MEDITERRANEAN.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Italian salad or wrap with turkey, turkey ham, pepperoni, tomatoes, bell peppers, black olives and mozzarella cheese.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus



TRY THIS ONE!

Italian salad or wrap with turkey, turkey ham, pepperoni, tomatoes, bell peppers, black olives and mozzarella cheese.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Home-style Alfredo Mac



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Italian sausage pizza topped with red bell peppers and pesto ranch sauce.

This week in GLOBAL



Choice of: Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

EVERYDAY SELECTIONS

Sweet & Sour Chicken

Monday Teriyaki Beef

Tuesday General Tso Chicken

Wednesday Spicy Orange Chicken

Thursday Teriyaki BBQ

Friday Creamy Sriracha Chicken

Choice of Side: Sesame Roasted Carrots or Roasted Broccoli

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Pesto Ranch

A fresh pesto basil blended with buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

This week in

ADVENTURE **Summers**

PICK ONE!

Crispy Chicken Tenders
or
Herb Roasted Chicken

ADD ONE!

Freshly Baked Biscuit
or
Toasted Waffle

CHOOSE ONE!

Mashed Potatoes and Gravy
Tater Tot Hash
or
Roasted Green Beans

NOVEMBER 5 - 9

CENTRAL HIGH SCHOOL

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EXTRAS

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FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

CHECK THIS OUT!



Lemon pepper chicken salad or sub on an Italian herb roll with roasted lemon pepper chicken, bruschetta topping and mozzarella cheese.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

TRY THIS ONE!



Lemon pepper chicken salad or sub on an Italian herb roll with roasted lemon pepper chicken, bruschetta topping and mozzarella cheese.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Monday Taco Joe

Tuesday Cordon Bleu

Wednesday Pulled BBQ

Thursday Ninja Burger

Friday Chicken Parmesan

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Baked Penne Pasta



Fresh Baked Bread Offered Daily with Pasta

SHAKE IT UP!



Bruschetta pizza topped with chopped basil, diced tomatoes and creamy Italian sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Pesto Ranch

A fresh pesto basil blended with buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in ADVENTURE



EVERYDAY

Chicken Tenders

Monday Homestyle Mac & Cheese served with an Herbed Breadstick and your choice of Citrus Glazed Carrots or Roasted Zucchini

Tuesday Shepherds Pie served with a Dinner Roll and your choice of Roasted Boccioni and Cauliflower or a Side Caesar Salad

Wednesday Sliced Turkey and Gravy served with a Dinner Roll and your choice of Mashed Potatoes or Green Beans

Thursday Spaghetti and Meatballs served with an Herbed Breadstick and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Friday Frito Chili Pie served with Black Beans or Aztec Corn

NOVEMBER 12 - 16

CENTRAL HIGH SCHOOL

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FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap,
Turkey and Cheese or Ham and Cheese



Fresh Baked
Bread Offered Daily
with Salad



CHECK THIS OUT!

Ham and cheese salad or sub on an Italian herb roll with sliced ham, sofrito relish and Parmesan frico.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses,
Fresh Baked Breads and Premium Sauces

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus



TRY THIS ONE!

Ham and cheese salad or sub on an Italian herb roll with sliced ham, sofrito relish and Parmesan frico.



KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Pesto Ranch

A fresh pesto basil blended with buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Monday Taco Joe

Tuesday Cordon Bleu

Wednesday Pulled BBQ

Thursday Ninja Burger

Friday Chicken Parmesan

Offered with
Veggie Sticks or
French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted
Garlic Caesar Salad

DAILY PASTA OPTIONS

Spaghetti & Meat Sauce



Fresh Baked
Bread Offered Daily
with Pasta



SHAKE IT UP!

Spanish ham pizza topped with sliced ham, sofrito relish and garlic Parmesan sauce.

This week in GLOBAL



Choice of: Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

EVERYDAY SELECTIONS

Sweet & Sour Chicken

Monday Teriyaki Beef

Tuesday General Tso Chicken

Wednesday Spicy Orange Chicken

Thursday Teriyaki BBQ

Friday Creamy Sriracha Chicken

Choice of Side: Sesame Roasted Carrots or Roasted Broccoli

NOVEMBER 26 - 30

CENTRAL HIGH SCHOOL

Additional nutrition information available upon request.

This week in ADVENTURE



EVERYDAY

Breakfast Tacos

Monday Biscuit and Sausage Gravy

Tuesday Chorizo Burrito

Wednesday Waffle Stacker

Thursday Breakfast Burger

Friday French Toast Sticks with Breakfast Sausage

PICK A SIDE!

Tater Tot Hash or Baked Cinnamon Apples

TOP IT OFF!

Cheddar Cheese, Sour Cream, Pico De Gallo, Jalapeños