

Cincinnati High School Menu

October 2019

Menu Subject to Change

Cincinnati Central School District Is An Equal Opportunity Provider and Employer

MONDAY

National Apple Month
11th
National Sausage Pizza Day

7 Mini Chicken Corn Dogs
Sweet Potato Wedge
Seasoned Corn

14 **No School**
Columbus Day Indigenous People Day

21 Chicken Wings W/ Hawaiian Roll
Potato Wedges
BBQ Baked Beans
David's Cookie

28 Pizza Crunchers w/ Marinara Sauce
Orange Glazed Carrots
Seasoned Green Beans

TUESDAY

1 Homemade Chili w/ Jalapeno Cheesy Breadstick
Steamed Corn
Seasoned Green Beans
Fresh Fruit

8 Pasta w/ Meat Sauce & Garlic Breadstick
Tossed Salad w/ Dressing
Steamed Carrots
Fresh Fruit

15 Cheese or Pepperoni Calzone
Seasoned Green Beans
Baby Carrots w/ Dip
Fresh Fruit

22 Macaroni & Cheese w/ Dinner Roll
Tossed Salad w/ Dressing
Seasoned Green Beans
Fresh Fruit

29 Garlic Parmesan Chicken w/ Texas Toast
Sweet Potato Waffle Fries
Orange Medley Juice
Fresh Fruit

WEDNESDAY

2 Turkey Club on Croissant
Sweet Potato Fries
Garden Salad w/ Dressing

9 Mini Waffles w/ Chicken Sausage
Hash Brown Patty
100% Fruit-Vegetable Juice

16 Hot Turkey & Gravy w/ Biscuit
Mashed Potatoes
Seasoned Corn

23 Egg Sandwich w/ Chicken Sausage
Hash Brown Patty
100% Fruit-Vegetable Juice

30 Chicken & Potato Bowl w/ Biscuit
Mashed Potatoes
Seasoned Corn

THURSDAY

3 Fish Sandwich on Roll
Orange Glazed Carrots
Baked French Fries
Fresh Fruit

10 Chicken & Cheese Quesadilla
Black Bean & Corn Salsa
Refried Beans
Fresh Fruit

17 Pulled Pork Sandwich
Salt Potatoes
Homemade Coleslaw
Fresh Fruit

24 Open Faced Tuna Melt
Tomato Soup w/ Crackers
Baby Carrots w/ Dip
Fresh Fruit

31 Beef Tacos w/ Lettuce, Tomato, Cheese & Salsa
Refried Beans
Seasoned Rice
Fresh Fruit
Halloween

FRIDAY

4 French Bread Pizza
Tossed Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

11 **Homemade Sausage or Cheese Pizza**
Tossed Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

18 Wild Mike's Pizza
Tossed Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

25 Homemade Pizza
Tossed Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

Available with All Lunches
Assorted Fruit Cups
Milk Choice

Available Daily

A variety of ...
Pizzas,
Fresh Chef salads Assorted sandwiches and wraps.
Burgers and Chicken

PB & J and Yogurt Meal also available

Breakfast \$1.35
Lunch
K - 6th grades \$2.15
7 - 12th grades \$2.25

Visit our website to print an application and to view menus.

www.cc.cnyric.org

What food group is not a source of carbohydrates?

Meat/Meat Alternates