

Cincinnati High School Menu

September 2019

Menu Subject to Change

Cincinnati Central School District Is An Equal Opportunity Provider and Employer

National Whole Grains Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Labor Day

3
No School
Superintendent's Conference Day

4 **Welcome Back**
Popcorn Chicken

Baked French Fries
Seasoned Carrots
WG Brownie Bites

5 **Personal Pan Pizza**

Steamed Broccoli
Tossed Salad w/
Dressing
Fresh Fruit

6 Chicken & Cheese Quesadilla

Refried Beans
Seasoned Corn
Fresh Fruit

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

9 Chicken Rings w/ Hawaiian Roll

Sweet Potato Bites
BBQ Baked Beans

10 Macaroni & Cheese w/ Dinner Roll

Seasoned Green Beans
Sweet Green Peas
Fresh Fruit

11 French Toast Bites w/ Chicken Sausage

Hash Brown Patty
100% Fruit-Vegetable Juice

12 Toasted Cheese Sandwich

Tomato Soup w/ Cheez-its
Baby Carrots w/ Dip
Fresh Fruit

13 Homemade Pizza

Steamed Broccoli
Tossed Salad w/
Dressing
Fresh Fruit

PB & J and Yogurt Meal also available

16 Pizza Crunchers w/ Marinara Sauce

Orange Glazed Carrots
Seasoned Green Beans

17 Garlic Parmesan Chicken w/ Texas Toast

Sweet Potato Waffle Fries
Orange Medley Juice
Fresh Fruit

18 Chicken & Potato w/ WG Biscuit

Mashed Potatoes
Corn

19 Beef Nachos w/ Seasoned Rice

Black Bean & Corn Salsa
Refried Beans
Fresh Fruit

20 Nardone's Pizza

Steamed Broccoli
Tossed Salad w/
Dressing
Fresh Fruit

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

23 Chicken Tenders w/ Dipping Sauce

Baked French Fries
Steamed Corn

24 Bacon Cheeseburger

Sweet Potato Fries
Baked Beans
Fresh Fruit

25 Bacon, Egg, & Cheese Croissant

Hash Brown Patty
100% Fruit-Vegetable Juice

26 Cheese Ravioli w/ Garlic Knots

Steamed Green Beans
Seasoned Carrot Coins
Fresh Fruit

27 Homemade Pizza

Steamed Broccoli
Tossed Salad w/
Dressing
Fresh Fruit

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

www.cc.cnyric.org

Which source of fat is heart healthy?

Unsaturated fat

30 BBQ Rib Sandwich

Baked Beans
Tater Tots

Available with All Lunches

Assorted Fruit Cups
Milk Choice

**September 5:
National Cheese Pizza Day**

**September 27:
National Chocolate Milk Day**