

Centerville Menu



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday	
4 Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup	5 Tacos with Lettuce & Tomato Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits	6 Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Fruit Cup	7 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL	8 Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Banana Sundae	
11 Homemade Salisbury Steak or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	12 Crispitos or Burritos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits	13 Chicken Spaghetti with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	14 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	15 Chicken Sandwich Basket or BBQ on Bun Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit	
18 Cheese Burger French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit	19 Grab N' Go Sack Lunch 	20 Winter Break!			22
25 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	26 Nachos Lettuce & Tomato Homemade Salsa Chareo Beans Spanish Rice Rainbow Pears	27 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	28 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	March 1 Sweet & Sassy Chicken Sandwich Basket or Chicken Strip Basket French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit	

Ways Physical Activity Can Change Your Day

1. Sleep tight: being physically active can help you improve your sleep.
2. Improve your mood: Physical activity can give you a better attitude and give you an extra energy boost during the day.
3. Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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