

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

# September 2010



# Candor Central School Menu

Did you know....

- All of our breaded foods are made w/whole-grain breading.
- All bread items served are a whole-grain variety.
- You can try something new....just ask your server for a sample!
- We keep our hamburgers hot and juicy by soaking in beef broth.

6



7

Build-a-sub day w/choice of meat on a bakery fresh roll, lettuce, tomato, dill pickle, cream of broccoli soup, fruit and milk

1

8

Assorted pizza, mixed salad greens, fruit and milk

2

9

Beef tacos w/tomatoes, lettuce, salsa, sour cream, Mexicali corn, fruit and milk

3

10

Chicken patty on a whole-grain bun, home-made fresh broccoli salad, fruit and milk

13

Chicken nuggets, dinner roll, tossed salad, fruit and milk

14

Sweet & Sour chicken over whole-grain rice, oriental vegetable blend, fruit and milk

15

Toasted cheese sandwich, tomato soup, fruit and milk

16

Homemade macaroni and cheese, baby peas, fruit and milk

17

1/4# cheeseburger deluxe (lettuce, tomato, pickle chips) on a whole-grain bun, vegetarian beans, fruit and milk

20

Chicken fajita w/lettuce and tomato, soup du jour, fruit and milk

21

Stuffed crust pizza, mixed salad greens, fruit and milk

22

B-B-Que rib on a whole-grain bun, curly fries, fruit and milk

23

Turkey & gravy over a homemade biscuit, mashed potatoes, green beans, fruit and milk

24

Deep dish pizza, mixed salad greens, fruit and milk

27

Chicken nuggets w/choice of sauce, whole-grain dinner roll, glazed baby carrots, fruit and milk

28

Build-a-sub day w/choice of meat on a bakery fresh roll, lettuce, tomato, dill pickle, marinated three-bean salad, fruit and milk

29

Chicken chef salad (chilled diced chicken over mixed salad greens, topped w/your choice of a variety of fresh veggies and dressing) whole-grain dinner roll, fruit and milk

30

Beef tacos w/tomatoes, lettuce, salsa, sour cream, Mexicali corn, fruit and milk

