

# WEST CENTRAL MIDDLE/HIGH SCHOOL

## 2022-2023 BREAKFAST & LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 11-12 Aug 22-26 Sept 5-9 Sept 19-23 Oct 3-7 Oct 17-21 Oct 31-Nov 4 Nov 14-18 Nov 28-Dec 2 Dec 12-16	Sandwich Bar Baked Fries Baked Beans	Oriental Chicken w/ Brown Rice & Egg Roll Roasted Broccoli Mixed Vegetables	Chef's Specialty Seasoned Green Beans Roasted Cauliflower	Breakfast for Lunch Tri Taters Apple Crisp	Pizza Day! Roasted Carrots Parmesan Potatoes
Aug 15-19 Aug 29-Sept 2 Sept 12-16 Sept 26-30 Oct 10-14 Oct 24-28 Nov 7-11 Nov 21-25 Dec 5-9	Sandwich Bar Potato Wedges Baked Beans Sunchips	Taco Tuesday! Refried Beans Salsa	Crispy Chicken w/ Dinner Roll Mashed Potatoes Buttered Corn	Pasta of the Day w/ Breadstick Seasoned Green Beans Grilled Brussel Sprouts	Pizza Day! Broccoli & Cheese Roasted Carrots
<b>Additional Entrees Available</b>	Chef Salad w/ Croutons & Goldfish Crackers	Chef Salad w/ Croutons & Goldfish Crackers	Chef Salad w/ Croutons & Goldfish Crackers	Chef Salad w/ Croutons & Goldfish Crackers	Chef Salad w/ Croutons & Goldfish Crackers
<b>Weekly Breakfast Menu</b>	Pancake Sausage Wrap Cereal w/ Cheese Stick	Breakfast Choice Cereal w/ Cheese Stick	Biscuit & Gravy Cereal w/ Cheese Stick	Breakfast Pizza Cereal w/ Cheese Stick	Breakfast Sandwich Cereal w/ Cheese Stick
<b>First Day of School:</b> August 11 <b>Days Off:</b> Sept 5 Oct 20-24 (Fall Break) Nov 23-25 (Thanksgiving Break) Dec 19– Jan 2 (Christmas Break)	<p style="text-align: center;"> <b>Available Daily with Breakfast: Fruit, 100% Fruit Juice &amp; Milk</b>  <b>Milk Choices available with all meals: 1% Chocolate &amp; 1% White</b>  <b>Variety of Fruits &amp; Vegetables available daily with lunch.</b>  <b>Menu is subject to change without notice due to supply chain shortages.</b>  <b>This institution is an equal opportunity provider.</b> </p>				