



Center Point-Urbana Breakfast & Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
WG=Whole grain *Sandwich bar-students will have a minimum of 2 sandwich choices along with condiments.	3 WG pancakes/syrup Grilled chicken on WG bun (lettuce, tomato, low-fat mayo) <u>HS & MS alternate:</u> (Cheese)burger on a WG bun (pickle, onion) Oven-baked fries Fresh baby carrots/dip Frosted graham cracker	4 Choice of cereal/oatmeal Country fried steak <u>HS alternate:</u> Salisbury steak Mashed potatoes/gravy Fresh-baked wheat roll Chilled mandarin oranges and pineapple	5 Breakfast pizza Pepperoni pasta with WG noodles <u>HS alternate:</u> Vegetarian lasagna Cheese-filled garlic breadstick Seasoned green beans Fresh banana & strawberries	6 Scrambled eggs & bacon Stuffed WG crust cheese pizza <u>HS alternate:</u> Fruit & yogurt parfait w/ granola Tossed salad/dressing Jello with mixed fruit Fresh-baked sugar cookie
9 WG French toast sticks/syrup Popcorn chicken/dipping sauce <u>HS alternate:</u> Breaded fish nuggets/tartar sauce Pretzels Fresh carrots, broccoli & cauliflower/dip Chilled peaches	10 Sausage & egg WG biscuit Soft shell beef taco (salsa, sour cream, lettuce) <u>HS alternate:</u> Smoked chicken quesadilla Mexican rice Seasoned corn Chilled blushing pears	11 Choice of cereal/oatmeal Meatball & marinara sub on a WG bun <u>HS alternate:</u> Cheddar brat on WG bun Fritos corn chips Tossed salad/dressing Fresh apple wedges/caramel dip	12 Whole wheat bagel/cream cheese, yogurt Creamy chicken gravy over WG biscuit <u>HS alternate:</u> Cook's choice Seasoned green beans Mixed berries Vanilla or strawberry frozen yogurt	13 Egg bake Sloppy Joe sandwich on a WG bun (pickles, sliced onions) <u>MS & HS alternate:</u> *Sandwich bar Baked tater tots Fresh veggies/dip Apple crisp
16 Ham & cheese on a croissant Cook's choice lunch menu TBA	17 Pancake & sausage bites WG French toast/syrup <u>HS alternate:</u> Egg & cheese biscuit Sausage patty or links 100% fruit juice Cinnamon applesauce Cook's choice cookie	18 Choice of cereal/oatmeal Breaded chicken on WG bun (lettuce, low-fat mayo) <u>HS alternate:</u> Cook's choice Baked Lay's potato chips Tossed salad/dressing Pineapple tidbits	19 Cheese omelet WG Macaroni & cheese <u>HS & MS alternate:</u> PB&J Uncrustable 'Lil smokies Fresh baby carrots/dip Minute Maid juice bar or sherbet	20 WG blueberry muffin, yogurt Hot ham & cheese on WG bun <u>MS & HS alternate:</u> *Sandwich bar Fresh celery/peanut butter Strawberries Cheesecake
23 Egg & cheese biscuit Hot dog on a WG bun <u>HS & MS alternate:</u> Chef salad with ham & egg/dressing/crackers WG Goldfish crackers Baked beans Fresh orange wedges	24 Breakfast pizza Cook's choice lunch menu TBA	25 Choice of cereal/oatmeal Shaved ham & turkey with cheese on a WG sub bun <u>HS alternate:</u> Cook's choice TBA Oven-baked tater tots Seasoned green beans Chocolate pudding	26 WG French toast/syrup Chili/crackers <u>MS & HS alternate:</u> Chicken with wild rice soup Frosted cinnamon roll Mozzarella cheese stick Chilled applesauce	27 NO SCHOOL Professional Learning
30 Breakfast burrito/ salsa WG pepperoni pizza <u>HS alternate:</u> Fruit & yogurt parfait with granola Italian pasta salad or cottage cheese Fresh veggies/dip Chilled peaches	31 Cinnamon roll, sausage links WG spaghetti with meat sauce <u>HS alternate:</u> Chicken Alfredo over WG noodles Garlic breadstick Tossed salad/dressing Fresh pears & grapes	Breakfast includes your choice of 100% fruit juice or chilled fruit, 1%, skim or skim chocolate milk, and toast with peanut butter and/or jelly. Cereal offered daily. Choices for milk also offered with lunch. Milk-\$.30, Breakfast (K-12)-\$1.20, Lunch (PK-4)-\$1.90; (5-12)-\$2.05 *Menus subject to change* Please share your ideas and suggestions with us! drawson@cpuschools.org		