

CET Lunch January 2022

Adult Pricing

- **Breakfast: \$2.57 plus tax**
- **Lunch: \$4.78 plus tax**

Students eat free for the 2021-2022 School year!

Daily Beverage Options:

- Cream-O-Land Milk
 - 1% Milk
 - 1% Chocolate Milk
- Lactose Friendly Milk
- Daily assortment of Fruit Juice

Check out our daily options!

- WG bagels bag or SunButter and Jelly Sandwich on WG Bread
 - Includes- Philadelphia Cream Cheese, 2 string cheese sticks or yogurt, Fruit and Milk
- Boar's Head deli Sandwiches served with Milk, fruit, and vegetable

- Daily made to order Salad and Deli Bar
- Daily Pizza, Hamburgers, and Chicken Patty
- Ask for a side Salad with ½ cup of serving of Salad greens and 2 other toppings.

Ask us about our specialty diet options:

- Gluten Friendly Bread
- Chex Cereal

Protein Index: The indicators below will help identify proteins, if not named in the menu item

Pork Items= (P) Chicken = (C)
 Turkey= (T) Beef= (B)



This institution is an equal opportunity provider.

3

Chicken Tenders
w/WG Dinner Roll

French Fries
Raisins

4

Beef Nachos on WG
Tortilla Chip

Campfire Pinto
Beans
Apple

5

Hot Dogs (B) w/ WG
Bun

Broccoli
Orange

6

Cheeseburgers (B)
on WG Bun

Roasted Carrots
Banana

7

Cheese Pizza

Pineapple
Squash Medley

10

Mac N Cheese

Green beans
Apple

11

Sweet and Sour Pork
served over WG Rice

Roasted Red Peppers
Orange

12

Chicken Patties

Collard Greens
Pears

13

Breakfast for Lunch
French Toast Sticks
Turkey Sausage &
Syrup

French Fries
Applesauce

14

Cheese Pizza

Garbanzo Bean
Strawberries

17

School Closed

18

Twins Beef or Bean
Tacos

Roasted Carrots
Apple Sauce

19

Hot Turkey Sandwich
on WG Bread and
Turkey Gravy

Mashed Potato
Apple

20

Hot Dog (B) w/ Black
Bean Chili Toppers
on WG Bun

Campfire Pinto Beans
Orange

21

Cheese Pizza

Apple
Swiss Chard

24

Popcorn Chicken

French Fries
Pears

25

Ramen with Sweet and
Sour Chicken

Edamame
Banana

26

Ham (P) and Cheese
Melt on WG Bread

Broccoli
Raisin

27

Beef Philly
Cheesesteak on WG
Hot Dog Bun

Roasted Red Peppers
Peaches

28

Cheese Pizza

Green Beans
Pineapple

31

Penne in Rosa
Sauce

Roasted Tomato's
Apples

1

Cheese or Beef
Quesadilla

Cajun Corn

Fresh Orange

2

Hamburgers (B)

Orange Ginger
Carrots
Apple

3

Breakfast for Lunch
Pancakes
Turkey Sausage &
Syrup

Breakfast Potatoes
Banana

4

Cheese Pizza

Sautéed Spinach
Orange