

SALEM CENTRAL CAFETERIA

JANUARY 2019 LUNCH MENU

Menu subject to change without notice.

Milk Choices:  
White: 1% & skim  
Chocolate: Non fat

Student Prices:	Daily	Weekly
Full Pay:		
K-8	\$2.15	\$10.75
9-12	\$2.40	\$12.00
Reduced	\$.25	\$1.25
Milk	\$.55	\$2.75

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2  
CHICKEN ALFREDO  
BROCCOLI  
CARROTS  
ASSORTED FRUIT

3  
SALISBURY STEAK  
COUNTRY FRIED PORK  
MASHED POTATO  
GREEN BEANS  
CORN  
ASSORTED FRUIT

4  
Cheese or Pepperoni  
Pizza  
ROMAINE  
Caesar Salad  
Assorted Fruit

7  
Tomato Soup/  
Toasted Cheese  
Mixed Vegetables  
Assorted Fruit

8  
CHICKEN OR BEEF  
TACO  
W/G RICE, SALSA  
SOUR CREAM, LETTUCE  
TOMATO, BEANS  
ASSORTED FRUIT

9  
BEEF STROGANOFF  
W/G ROLL  
GREEN BEANS  
ASSORTED FRUIT

10  
CHICKEN NUGGETS  
FRENCH FRIES  
CARROTS  
ASSORTED FRUIT

11  
Cheese or Pepperoni  
Pizza  
ROMAINE  
Caesar Salad  
Assorted Fruit

14  
BREAKFAST FOR LUNCH  
W/G WAFFLES SAUSAGE  
HASH BROWN  
SYRUP  
ASSORTED FRUIT

15  
Nacho Tuesday  
Steamed W/G Rice  
BEEF OR CHICKEN  
SALSA, TOMATO  
REFRIED BEANS, TOMATOES

16  
BBQ RIB SANDWICH  
SWEET POTATO FRIES  
ASSORTED FRUIT

17  
CHICKEN AND BISCUIT  
(Chicken chunks in gravy  
over a biscuit)  
CARROTS/ GREEN BEANS  
ASSORTED FRUIT

18  
Cheese or Pepperoni  
Pizza  
ROMAINE  
Caesar Salad  
Assorted Fruit

21  
NO SCHOOL  
MARTIN LUTHER KING



22  
CHICKEN OR CHEESE  
QUESADILLAS  
BEAN SALAD  
SALSA  
ASSORTED FRUIT

23  
K-3 CHICKEN POT PIE  
4-12 CHILI IN A BREAD  
BOWL  
CORN  
ASSORTED FRUIT



24  
MAC AND CHEESE  
STEWED TOMATOES  
GREEN BEANS  
BUFFALO CHICKEN  
HAM, BACON  
ASSORTED FRUIT

25  
Cheese or Pepperoni  
Pizza  
ROMAINE  
Caesar Salad  
Assorted Fruit

28  
MOZZARELLA STICKS  
MARINARA SAUCE  
W/G SEASONED PASTA  
CARROTS, ROLL  
ASSORTED FRUIT

29  
CHICKEN FAJITA  
ROASTED PEPPERS AND  
ONIONS  
W/G RICE BLACK BEANS  
ASSORTED FRUIT

30  
BUILD A BURGER  
W/G ROLL  
CURLY FRIES  
LETTUCE, TOMATO  
CHEESE  
ASSORTED FRUIT

31  
BOSCO STICK  
MARINARA SAUCE  
FRESH CARROT STICKS  
ASSORTED FRUIT

Hot Entrée listed  
(available on line #2)  
OR

Deli Sandwich  
(choice of fruit, vegetable & milk)

Garden Salad Bar  
(choice of fruit, grain & milk)

Home Made Soup  
(choice of vegetable, fruit, grain & milk)

A la carte items  
(available on line #1)

Parents: Applications for Free or Reduced meal benefits are available on the school web page or from the food service office or the front office. Call 854-6040, Ext. 140 or e-mail : wcarb@salemcpsd.org if you need help with the application or have any questions.