

**SUSSEX CENTRAL MIDDLE AND HIGH  
BREAKFAST AND LUNCH MENU  
FEBRARY 2019**

Mon	Tue	Wed	Thu	Fri
<p><u><b>BREAKFAST ITEMS OFFERED DAILY</b></u>  <b>BREAKFAST PIZZA</b>  <b>YOGART &amp; GRAHAM CRACKERS GRIPS</b>  <b>CEREAL &amp; GRAHAM CRACKERS GRIPS</b>  <b>WG BREAKFAST BUN</b>  <b>ASST. POPTARTS</b>  <b>ASSORTED FRUIT</b></p>	<p><u><b>HEALTHY CHOICE MEAL</b></u>  <b>YOGART</b>  <b>STRING CHEESE</b>  <b>DORITO CHIPS</b>  <b>FRUIT JUICE</b>  <b>ADDITIONAL VEGETABLE</b>  <b>OFFERED DAILY</b></p>	<p><b>TRU MOO MILK</b>  <b>1% LOWFAT AND SKIM OFFERED</b>  <b>DAILY FOR BREAKFAST AND LUNCH</b>  <b>CHEF SALADS OFFERED DAILY</b></p> <p><b>CARROTS W/DIP AND GREEN LEAFY SALAD OFFERED DAILY AS VEGETABLE</b></p>		<p><b>1 BACON A, SCRAMBLESD EGGS , HASH ROUND AND TOAST</b></p> <hr/> <p><b>TACO SALAD W/ CHIPS</b>  <b>CORN DOG NUGGETS OR PEPPERONI PIZZA</b>  <b>CORN</b>  <b>BLACK EYED PEAS</b>  <b>ASSORTED FRUIT</b></p>
<p><b>4 SAUSAGE BISCUIT</b></p> <hr/> <p><b>HOT &amp; SPICY CHICKEN FILET OR CHEESEBURGER ON WG BUN</b>  <b>PEPPERONI PIZZA</b>  <b>POTATO WEDGES</b>  <b>ASSORTED FRUIT</b>  <b>STEAMED BROCCOLI</b></p>	<p><b>5 BACON &amp; PANCAKES</b></p> <hr/> <p><b>SALISBURY STEAK</b>  <b>CHICKEN NUGGETS OR SAUSAGE PIZZA</b>  <b>MASHED POTATOES</b>  <b>GREEN PEAS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLLS</b></p>	<p><b>6 HAM ,&amp; CHEESE CROIS-SANTS</b></p> <hr/> <p><b>OVEN FRIED CHICKEN OR BBQ CHICKEN</b>  <b>CANDIED YAMS</b>  <b>GREEN BEANS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLL</b></p>	<p><b>7 BACON &amp; FRENCH TOAST STICKS</b></p> <hr/> <p><b>GRILL CHEESE</b>  <b>MAX CHEESE STICKS OR HAM &amp; CHEESE</b>  <b>CROSSISANT</b>  <b>VEGETABLE SOUP</b>  <b>ASSORTED FRUIT</b></p>	<p><b>8 CHICKEN CROSSIANT</b></p> <hr/> <p><b>BBQ PORK</b>  <b>CHICKEN FILET OR HOT DOG ON WG BUN</b>  <b>BAKED BEANS</b>  <b>COLE SLAW</b>  <b>ASSORTED FRUIT</b></p>
<p><b>11 SAUSAGE BISCUIT</b></p> <hr/> <p><b>CHICKEN TENDERS</b>  <b>SALISBURY STEAK OR PEPPERONI PIZZA</b>  <b>FRENCH FRIES</b>  <b>TURNIP GREENS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLLS</b></p>	<p><b>12 BACON, EGG &amp; CHEESE BISCUIT</b></p> <hr/> <p><b>MAMA ROSA PIZZA</b>  <b>FISH STIXS OR CHICKEN TENDERS</b>  <b>CANDIED YAMS</b>  <b>GREEN BEANS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLLS</b></p>	<p><b>13 BACON AND PANCAKES</b></p> <hr/> <p><b>CHEESEBURGER , FISH FILET ON WG BUN OR</b>  <b>MEAT LOVERS PIZZS</b>  <b>FRENCH FRIES</b>  <b>GREEN PEAS</b>  <b>ASSORTED FRUIT</b></p>	<p><b>14 CHICKEN CROSSIANT</b></p> <hr/> <p><b>CORN DOGS</b>  <b>STEAK &amp; CHEESE SUB OR</b>  <b>PEPPERONI PIZZA</b>  <b>BROCCOLI</b>  <b>FRENCH FRIES</b>  <b>ASSORTED FRUIT</b></p>	<p><b>15 HAM , &amp; CHEESE CROISSANTS</b></p> <hr/> <p><b>HOT DOGS ,BBQ PORK ON OR</b>  <b>HOT &amp; SPICY CHICKEN FILET ON WG BUN</b>  <b>BAKED BEANS</b>  <b>COLE SLAW</b>  <b>ASSORTED FRUIT</b></p>
<p><b>18 SAUSAGE &amp; EGG BISCUIT</b></p> <hr/> <p><b>CHICKEN SALAD W/ CRACKERS</b>  <b>CORN DOG NUGGETS OR MEAT LOVERS PIZZA</b>  <b>POTATO WEDGES</b>  <b>TURNIP GREENS</b>  <b>ASSORTED FRUIT</b></p>	<p><b>19 FRENCH TOAST STICKS &amp; BACON</b></p> <hr/> <p><b>GRILL CHEESE SANDWICH</b>  <b>MAX CHEESE STICKS OR CHICKEN FILET ON WG BUN</b>  <b>VEGETABLE SOUP</b>  <b>ASSORTED FRUIT</b></p>	<p><b>20 HAM &amp; CHEESE CROIS-SANTS</b></p> <hr/> <p><b>OVEN FRIED CHICKEN OR BAKED CHICKEN W/ STUFFING</b>  <b>CANDIED YAMS</b>  <b>GREEN BEANS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLL</b></p>	<p><b>22 CHICKEN CROSSIANT</b></p> <hr/> <p><b>CHICKEN TENDERS</b>  <b>SALISBURY STEAK OR MAMA ROSAS PIZZA</b>  <b>MASHED POTATOES</b>  <b>GREEN PEAS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLL</b></p>	<p><b>22 BACON , SCRAMBLED EGGS , HASH ROUND TOAST</b></p> <hr/> <p><b>TACO SALAD W/ TOSTITOS CHIPS</b>  <b>SMOKIE RIBS SUB OR CHICKEN FILET ON WG BUN</b>  <b>BLACK EYED PEAS</b>  <b>CORN</b>  <b>ASSORTED FRUIT</b></p>
<p><b>25 SAUSAGE BISCUIT</b></p> <hr/> <p><b>CHICKEN TENDERS</b>  <b>SALISBURY STEAK OR MEAT LOVERS PIZZA</b>  <b>MASHED POTATOES</b>  <b>GREEN BEANS</b>  <b>ASSORTED FRUIT</b>  <b>WG ROLLS</b></p>	<p><b>26 BACON &amp; PANCAKES</b></p> <hr/> <p><b>CORN DOGS</b>  <b>PEPPERONI PIZZA OR HOT &amp; SPICEY CHICKEN ON WG BUN</b>  <b>POTATO WEDHES</b>  <b>GREEN BEANS</b>  <b>ASSORTED FRUIT</b></p>	<p><b>27 HAM &amp; CHEESE CROIS-SANT</b></p> <hr/> <p><b>BBQ PORK</b>  <b>FISH FILET OR CHICKEN FILET ON BUN</b>  <b>FRENCH FRIES</b>  <b>COLE SLAW</b>  <b>ASSORTED FRUIT</b></p>	<p><b>28 CHICKEN CROSSIANT</b></p> <hr/> <p><b>BAKED LASAGNA W WG BREAD STIX</b>  <b>SMOKIE RIB SUB OR MAMA ROSA PIZZA</b>  <b>TURNIP GREENS</b>  <b>ASSORTED FRUIT</b></p>	

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