



OCTOBER 2023

Peru Central Middle / High School

Every day we offer a delicious and varied salad bar full of fruits and veggies.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Rice Fruit & Veggies Milk	3 Sloppy Joes on a Bun Fruit & Veggies Milk	4 Baked Potato Bar Buffalo Chicken / Cheese / Broccoli / Roll Fruit & Veggies Milk	5 Cheese Pizza Pepperoni Pizza Fruit & Veggies Milk	6 EARLY DISMISSAL BAGGED LUNCH
9 NO SCHOOL TODAY	10 Tacos Beef or Bean Brown Rice Fruit & Veggies Milk	11 Sticky Chicken Lo Mein Fruit & Veggies Milk	12 Turkey Subs Fruit & Veggies Milk	13 Cheese Pizza Pepperoni Pizza Fruit & Veggies Milk
16 Italian Dunkers w/ Marinara Sauce Fruit & Veggies Milk	17 Chicken Wraps Tortilla Chips w/ Salsa Fruit & Veggies Milk	18 Hamburgers Cheeseburgers Fruit & Veggies Milk	19 Macaroni & Cheese Fruit & Veggies Milk	20 Cheese Pizza Pepperoni Pizza Fruit & Veggies Milk
23 Grilled Cheese Sandwich Homemade Soup Fruit & Veggies Milk	24 Spaghetti w/ Meat or w/ Marinara Sauce Fruit & Veggies Milk	25 Chicken Parmesan Sandwich Fruit & Veggies Milk	26 Beef Nachos Brown Rice Fruit & Veggies Milk	27 Cheese Pizza Pepperoni Pizza Fruit & Veggies Milk
30 Sausage, Peppers & Onions on Sub Roll Fruit & Veggies Milk	31 Bagel w/ Bacon, Egg & Cheese Home Fries Fruit & Veggies Milk			



Your child can get 3 items free even if they bring lunch!!

Alternate choices are PB&J or Egg Salad Sandwich.

All students eat free meals in our school.