

Caterinas Best...

SEPTEMBER 2016

Central Florida
Preparatory School

Lunch Choices

NOTE

**SALAD ORDERS MUST BE
PLACED THE DAY BEFORE**

Daily Lunch (to the right)	\$5.00
Deli Sub	\$5.00
Veggie Sub	\$5.00
Salad - Chef	\$5.00
Salad – Chicken Caesar	\$5.00
Salad - Vegetarian	\$5.00
Water	\$1.25
100% Juice	\$1.25
2% Milk	\$1.25
Fresh Baked Brownies	\$1.25
Fresh Baked Cookies	\$1.25
Fresh Fruit of the Day	\$1.25

Such as Apples, Bananas, Grapes, and Strawberries

**All Meals Served
with Beverage and
Dessert, Fresh
Fruit, Cookie, etc.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Smoked Turkey Breast & Cheese Panini Veggie Pasta Salad Chips	2 Brick Oven Pizza Fresh Baby Carrots Ranch Dressing Dressing	3
4	5 Labor Day	6 Mini Penne Pasta with Meatballs Marinara Sauce Tossed Garden Salad Garlic Bread	7 Chicken Nuggets Mashed Potatoes Mixed Veggies	8 Mexican Lasagna Layered w/ Rice, Corn, Black Beans, Cheese & Meat, Nacho Chips and Salsa on Side	9 Brick Oven Pizza Fresh Baby Carrots Ranch Dressing Dressing	10
11	12 Turkey Hot Dogs Baked Beans Tater Tots	13 Bow Tie Pasta Marinara Sauce Parmesan Cheese Tossed Garden Salad, Garlic Bread	14 Breaded Chicken Breast Sandwich with Lettuce Tomato Dill Pickle Chips Mac and Cheese	15 Cheesy Beef and Noodle Casserole Mixed Veggies Rolls	16 Brick Oven Pizza Fresh Baby Carrots Ranch Dressing Dressing	17
18	19 Charbroiled ¼ lb. Beef Burger served on a Fresh Bun Lettuce, Tomato Pickles, Chips	20 Rotini Pasta Meat Sauce Parmesan Cheese Tossed Garden Garlic Bread	21 Oven Roasted BBQ Chicken Legs Yellow Rice Glazed Baby Carrots	22 Nacho Bar Nacho Chips Seasoned Ground Meat Cheese Sauce Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Corn	23 Brick Oven Pizza Fresh Baby Carrots Ranch Dressing Dressing	24
25	26 Grilled Chicken Breast Sandwich Lettuce, Tomato Chips	27 Cheesy Baked Ziti Tossed Garden Salad Garlic Bread	28 Chicken Tenders Mac & Cheese Sweet Peas	29 BBQ Pulled Pork Sandwich Baked Beans Corn	30 Brick Oven Pizza Fresh Baby Carrots Ranch Dressing Dressing	