



LEHIGH
UNIVERSITY

October 2023 MENU

CENTENNIAL



= **NEW!** menu item

Lunch Prices:
Paid: \$2.85

Available Daily

Milk:

Skim Chocolate
1% White

Fruit Sides:

Fresh Apple
Fresh Orange

(v) - lacto-ovo
vegetarian
may contain
milk and/or eggs

**Menus are subject
to change
without notice.**

For more
information, visit:
[https://centennial.
lehigh.edu/parent
s/lunch-program](https://centennial.lehigh.edu/parent/s/lunch-program)

Powering
potential.

MON	TUES	WED	THURS	FRI
<p>² Chicken Pizza Quesadilla</p> <p>Applesauce Shredded Lettuce Baby Carrots</p>	<p>³ Chicken Patty Sandwich with BASD Sauce & Sliced Pickles</p> <p>100% Apple Juice Crinkle Cut Fries Baby Carrots</p>	<p>⁴ Waffles (v) with or without Sausage</p> <p>Mixed Fruit Mixed Vegetable Blend Baby Carrots</p>	<p>⁵ Turkey & Cheese Sandwich</p> <p>100% Grape Juice Cucumbers Baby Carrots</p>	<p>⁶ Cheese Pizza (v)</p> <p>Peaches Baked Beans Baby Carrots</p>
<p>⁹ Blueberry Muffin, Graham Crackers, Yogurt & String Cheese Lunch Pack</p> <p>Apple Slices Grape Tomatoes Baby Carrots</p>	<p>¹⁰ Chicken Drumstick with a Biscuit</p> <p>100% Apple Juice Sweet Golden Corn Baby Carrots</p>	<p>¹¹ French Toast Sticks (v) with or without Sausage</p> <p>Mixed Fruit Green Beans Baby Carrots</p>	<p>¹² Grilled Cheese with Bacon</p> <p>100% Grape Juice Cucumbers Baby Carrots</p>	<p>¹³ Cheese Pizza (v)</p> <p>Pears Baked Beans Baby Carrots</p>
<p>¹⁶ Corn Dog</p> <p>Applesauce Shredded Lettuce Baby Carrots</p>	<p>¹⁷ Popcorn Chicken Parm Flatbread Sandwich</p> <p>100% Apple Juice Sweet Golden Corn Baby Carrots</p>	<p>¹⁸ Pancake Bites (v) with or without Sausage</p> <p>Mixed Fruit Steamed Broccoli Baby Carrots</p>	<p>¹⁹ Penne with Marinara (v) with Meatballs & Breadstick</p> <p>100% Grape Juice Cucumbers Baby Carrots</p>	<p>²⁰ Cheese Pizza (v)</p> <p>Pears Baked Beans Baby Carrots</p>
<p>²³ Pizza Dippers with Marinara Sauce (v)</p> <p>Applesauce Shredded Lettuce Baby Carrots</p>	<p>²⁴ Chicken & Waffle Sandwich with Syrup</p> <p>100% Apple Juice Crinkle Cut Fries Baby Carrots</p>	<p>²⁵ Popcorn Chicken Bacon Ranch Flatbread Sandwich</p> <p>Mixed Fruit Steamed Carrots Baby Carrots</p>	<p>²⁶ Doritos Nachos with Beef and Cheese</p> <p>100% Grape Juice Cucumbers Baby Carrots</p>	<p>²⁷ Cheese Pizza (v)</p> <p>Peaches Baked Beans Baby Carrots</p>
<p>³⁰ Mozzarella Pizza Crunchers with Marinara Sauce (v)</p> <p>Applesauce Shredded Lettuce Baby Carrots</p>	<p>³¹ Chicken BBQ Cheddar Flatbread Sandwich</p> <p>100% Apple Juice Peas Baby Carrots</p>			

Don't forget,
breakfast is
FREE

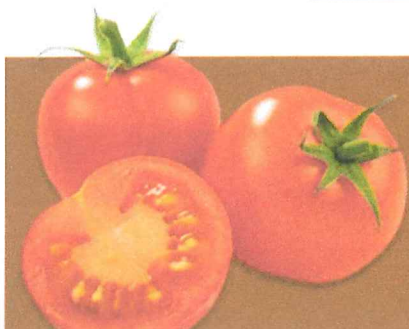
A meal includes an entrée, fruit and/or vegetable
and choice of milk.

To make a meal, students must select from at least
3 different food groups.
1 item must be a ½ cup of fruit or vegetable.

Meals without a fruit or vegetable,
will be charged a la carte pricing.

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STUDENT
NUTRITION

This institution is an equal
opportunity provider.





LEHIGH
UNIVERSITY

October 2023

CENTENNIAL BREAKFAST MENU



= **NEW!** menu item

**Breakfast is
FREE
for all
students!**

**Available
Daily**

Milk:
Skim Chocolate
1% White

(v) - lacto-ovo
vegetarian
may contain
milk and/or eggs

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without notice.**

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s/lunch-program](https://centennial.lehigh.edu/parent/s/lunch-program)

**Powering
potential.**

MON	TUES	WED	THURS	FRI
<p>² Cocoa Puffs Cereal</p> <p>100% Grape Juice</p>	<p>³ Oatmeal Chocolate Chip Breakfast Bar</p> <p>Orange</p>	<p>⁴ Blueberry Muffin with Graham Crackers</p> <p>Apple Slices</p>	<p>⁵ Mini Cinnamon Rolls</p> <p>Banana</p>	<p>⁶ Cherry Frudel</p> <p>100% Apple Juice</p>
<p>⁹ Cheerios Cereal with Crackers</p> <p>100% Grape Juice</p>	<p>¹⁰ Mini Cinnamon Cream Cheese Bagel</p> <p>Orange</p>	<p>¹¹ Chocolate Muffin with Graham Crackers</p> <p>Apple Slices</p>	<p>¹² Pumpkin Breakfast Bread</p> <p>Banana</p>	<p>¹³ Trix Cereal Bar with Goldfish Grahams</p> <p>100% Apple Juice</p>
<p>¹⁶ Cinnamon Toast Crunch Cereal</p> <p>100% Grape Juice</p>	<p>¹⁷ Mini Strawberry Cream Cheese Bagel</p> <p>Orange</p>	<p>¹⁸ Blueberry Muffin with Graham Crackers</p> <p>Apple Slices</p>	<p>¹⁹ Lemon Breakfast Bread</p> <p>Banana</p>	<p>²⁰ Cocoa Puffs Cereal Bar with Goldfish Grahams</p> <p>100% Apple Juice</p>
<p>²³ Trix Cereal</p> <p>100% Grape Juice</p>	<p>²⁴ French Toast Breakfast Bar</p> <p>Orange</p>	<p>²⁵ Chocolate Muffin with Graham Crackers</p> <p>Apple Slices</p>	<p>²⁶ Apple Frudel</p> <p>Banana</p>	<p>²⁷ Oatmeal Chocolate Chip Breakfast Round</p> <p>100% Apple Juice</p>
<p>³⁰ Lucky Charms Cereal</p> <p>100% Grape Juice</p>	<p>³¹ Cinnamon Raisin Bagel with Cream Cheese</p> <p>Orange</p>			



A meal includes an entrée, up to two servings of fruit, and choice of milk.

To make a meal, students must select 3 or 4 items. At least 1 item must be a ½ cup of fruit or a 4 oz fruit juice.

Meals without a fruit, will be charged a la carte pricing.

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