



LEHIGH  
UNIVERSITY

# September 2023

## CENTENNIAL 9-12 LUNCH MENU

 =  **NEW!** menu item

### Lunch Prices:

K-5  
Paid: \$2.65

6-12  
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
	 <b>28</b> Chicken Pizza Quesadilla	 <b>29</b> Chicken Patty Sandwich with BASD Sauce & Sliced Pickles	<b>30</b> Waffles (v) with or without Sausage	<b>31</b> Tostitos Scoops with Beef and Cheese	<b>1</b> Cheese Pizza (v)
	Applesauce Shredded Lettuce Baby Carrots	100% Apple Juice Crinkle Cut Fries Baby Carrots	Mixed Fruit Mixed Vegetable Blend Baby Carrots	100% Grape Juice Cucumbers Baby Carrots	Peaches Baked Beans Baby Carrots
	<b>4</b> School Closed	<b>5</b> Chicken Drumstick with a Biscuit	<b>6</b> French Toast Sticks (v) with or without Sausage	<b>7</b> Grilled Cheese with Bacon	<b>8</b> Cheese Pizza (v)
		100% Apple Juice Sweet Golden Corn Baby Carrots	Mixed Fruit Green Beans Baby Carrots	100% Grape Juice Cucumbers Baby Carrots	Pears Baked Beans Baby Carrots
	<b>11</b> Corn Dog	 <b>12</b> Popcorn Chicken Parm Flatbread Sandwich	 <b>13</b> Pancake Bites (v) with or without Sausage	<b>14</b> Penne with Marinara (v) with Meatballs and a Roll	<b>15</b> Cheese Pizza (v)
	Applesauce Shredded Lettuce Baby Carrots	100% Apple Juice Sweet Golden Corn Baby Carrots	Mixed Fruit Steamed Broccoli Baby Carrots	100% Grape Juice Cucumbers Baby Carrots	Pears Baked Beans Baby Carrots
	<b>18</b> Pizza Dippers with Marinara Sauce (v)	<b>19</b> Chicken & Waffle Sandwich with Syrup	 <b>20</b> Popcorn Chicken Bacon Ranch Flatbread Sandwich	<b>21</b> Doritos Nachos with Beef and Cheese	<b>22</b> Cheese Pizza (v)
	Applesauce Shredded Lettuce Baby Carrots	100% Apple Juice Crinkle Cut Fries Baby Carrots	Mixed Fruit Steamed Carrots Baby Carrots	100% Grape Juice Cucumbers Baby Carrots	Peaches Baked Beans Baby Carrots
	<b>25</b> Blueberry Muffin, Graham Crackers, Yogurt & String Cheese Lunch Pack	 <b>26</b> Chicken BBQ Cheddar Flatbread Sandwich	<b>27</b> Bacon Cheeseburger	<b>28</b> Mac and Cheese topped with Goldfish Crackers (v)	<b>29</b> Cheese Pizza (v)
	Apple Slices Grape Tomatoes Baby Carrots	100% Apple Juice Peas Baby Carrots	Mixed Fruit Crinkle Cut Fries Baby Carrots	100% Grape Juice Cucumbers Baby Carrots	Pears Baked Beans Baby Carrots

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.

**aramark**  
STUDENT  
NUTRITION

This institution is an equal  
opportunity provider.

