



OCTOBER | 2017

Lunch Menu: CHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joes Coleslaw Seasoned fries Oranges Milk Alt: Cheeseburgers	3 Bosco's Marinara sauces Cauliflower & Broccoli Applesauce/Milk Alt: Cheese soup & Ham Sandwich	4 Breaded pork patty Mashed potatoes & gravy Diced carrots WG roll Peaches/milk Alt: Tukey & Cheese Wrap	5 Chicken Nuggets Baked Beans Baby Carrots Whole Grain Roll Fresh Fruit/Milk Alt: Pizza Burger	6 Chili Goldfish crackers Red pepper & cucumber slices Pears/Milk Breadstick Alt: Little Caesar's
9 Chicken Patty Broccoli Fruit Cocktail Chocolate Chip cookie Milk Alt: Bratwurst	10 Turkey & Gravy Mashed Potatoes Diced Carrots WG Bread Peaches/Milk Alt: Ham & Cheese Sandwich	11 Sub Sandwich Tomato slices Green Bean Medley Apple slices Milk Alt: Corn dogs	12 Chicken Quesadilla Tortilla Chips Refried beans Baby Carrots Orange Wedges & apple Slices/Milk Alt: Chili wrap	13 Tomato Soup Grilled Cheese sandwich Cauliflower Pears Milk Alt: Little Caesar's
16 Hamburger Corn Baked beans Watermelon Milk Alt: Sausage pizza	17 Walking Tacos w/ Seasoned beef, cheese, romaine, tomatoes, black beans& salsa Cookie Fresh fruit/Milk Alt: Fiesta Pizza	18 Orange Chicken Brown rice Broccoli Roll Fruit/Milk Alt: Egg Rolls or Turkey Sandwich	19 Popcorn Chicken Spinach & Romaine Salad w/ grape tomatoes Roll Peaches Milk Alt: Ham & Cheese Sandwich	20 Minestrone Soup Turkey & cheese Wraps Baby carrots & celery Sticks Grapes Milk Alt: Little Caesar's
23 French bread pizza Cauliflower & Broccoli Apple slices Milk Alt: Turkey Sandwich	24 Spaghetti Spinach & Romaine Salad w/ grape tomatoes Roll Pears Milk Alt: Chicken patty	25 Hot Dogs Baked beans Tator tots Apple sauce Milk Alt: sausage pizza	26 Meatballs & gravy over mashed potatoes Diced Carrots Roll Peaches Milk Alt: ham & cheese wraps	27 Chicken fajita salad With black beans & grape tomatoes Roll Fresh Fruit Milk Alt: Little Caesar's
30 Taco Salad Tortilla Chips Black Beans Roll Fresh Fruit/Milk Alt: Cheese Quesadilla	31 Chicken Strips Baby Carrots & Cucumber slices Roll Pears Milk Alt: Turkey Wraps			

News

Chef's Salad, Garden Salad, and Yogurt are available daily as an alternate lunch option.

Milk Choices:
 Fat Free Chocolate
 Fat Free White
 1 % White

All bread served is whole grain including; rolls, buns, pizza crust and breading on chicken patties and nuggets.

This is an equal opportunity provider.

Menu is subject to change due to the available of product.