



# SEPTEMBER | 2017

## Lunch Menu: CHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>4</b> <b>Labor Day No School</b>	<b>5</b> Chicken Patty on WG Bun California Medley Vegetables Apple Slices Milk Alternate: Corn Dogs	<b>6</b> Spaghetti Mixed Green with Grape Tomatoes WG Roll Peaches Milk Alternate: Hamburger on WG Bun	<b>7</b> Orange Chicken Brown Rice Broccoli Grapes Dinner Roll Fortune Cookie Milk Alternate: Egg Roll or Turkey sandwich	<b>8</b> Ham and Cheese Sandwich Baked Beans Baby carrots Fruit Cocktail Milk Alternate: Little Caesar's Pizza
<b>11</b> BBQ Pork Sandwich on WG Roll Coleslaw Seasoned Potato Wedges Oranges Milk Alternate: Hamburger On WG Bun	<b>12</b> Italian Penne Pasta Mixed Green with Grape Tomatoes Garlic Bread Peaches Milk Alternate: Pepperoni Pizza	<b>13</b> Sub Sandwich Tomato Slices Green Bean Medley Apple Sauce Milk Alternate: Chicken Patty on WG Bun	<b>14</b> Walking Tacos: Seasoned Beef Romaine Lettuce Black Beans WG roll Pears Milk Alternate: Chili Wrap	<b>15</b> Homemade Turkey Stew Soft Pretzels Celery Baby Carrots Fruit Cocktail Milk Alternate: Little Caesar's Pizza
<b>18</b> Cheeseburger on WG bun Fresh Broccoli Baked Beans Apples Milk Alternate: Turkey & Cheese Sandwich	<b>19</b> Turkey and Gray Mashed Potatoes Diced Carrots WG Bread Peaches Milk Alternate: Ham & Cheese Sandwich	<b>20</b> Cheese Quesadilla Refried Beans Baby carrots Tortilla Chips Grapes Milk Alternate: Tostada Pizza	<b>21</b> Chicken Nuggets Cucumber slices Red pepper Strips WG Roll Pears Milk Alternate: Egg rolls	<b>22</b> Homemade Chili Baby carrots Celery Sticks Breadsticks Goldfish crackers Oranges Milk Alternate: Little Caesar's Pizza
<b>25</b> Chicken Patty on WG Bun Grape Tomatoes Cucumber slices Apple Sauce Milk Alternate: Ham & Cheese wrap	<b>26</b> Taco Salad Tortilla Chips Black Beans WG Roll Pears Milk Alternate: Cheese Quesadilla	<b>27</b> Corn Dog Fresh Cauliflower Broccoli Florets Apple Slices Milk Alternate: Pepperoni Pizza	<b>28</b> Hot Dog Tater Tots Baby Carrots Fruit Cocktail Milk Alternate: Turkey and Cheese Sandwich	<b>29</b> Grilled Cheese Sandwich Tomato Soup Cauliflower Watermelon Milk Alternate: Little Caesar's Pizza

### News

## Welcome Back

Milk Choices available daily:  
 Fat-Free White  
 1% White  
 Fat-Free Chocolate

Chef Salads are available as an alternate choice every day.

All bread served is whole grain, including pizza crust and breading on chicken patties & nuggets, this excludes pasta.

Oranges and apples are available daily.

**This institution is an equal opportunity provider.**