

September Lunch Menu: CHS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome
Back!!!



LABOR DAY NO SCHOOL	3 Chicken patty California Medley vegetables Cheese Doritos Apple slices & orange wedges Milk Alternate: Corn dogs	4 Spaghetti Mixed greens with grape tomatoes Whole grain roll Peaches Milk Alternate: Cheeseburger on a whole grain bun	5 Orange chicken Brown rice Broccoli Mandarin oranges Dinner roll Fortune cookie Milk Alternate: Egg rolls or turkey sandwich	6 Ham & cheese sandwich Baked beans Baby carrots Fruit cocktail Animal crackers Milk Alternate: Little Caesar's pizza
10 Barbequed pork sandwich Coleslaw Seasoned potato wedges Green beans Orange wedges & apples Milk Alternate: Cheeseburger on a whole grain bun	11 Italian penne pasta Mixed greens with grape tomatoes Garlic bread Peaches Milk Alternate: Pepperoni pizza	12 Sub sandwich Tomato slices Green bean medley Apple sauce Milk Alternate: Chicken patty on a whole grain bun	13 Walking tacos with seasoned beef, romaine lettuce & black beans Whole grain roll Pineapple Milk Alternate: Chili wrap	14 Home made turkey stew Soft pretzels Celery & baby carrots Fruit cocktail Milk Alternate: Little Caesar's pizza
17 Cheeseburger on a whole grain bun Fresh broccoli Baked beans Apples & orange wedges Milk Alternate: Turkey & cheese wrap	18 Turkey & gravy over mashed potatoes Diced carrots Whole grain bread Peaches Milk Alternate: Ham & cheese sandwich	19 Cheese quesadilla Refried beans Baby carrots Tortilla chips Pineapple Milk Alternate: Tostada pizza	20 Chicken nuggets Cucumber slices & red pepper strips Whole grain roll Pears Milk Alternate: Egg rolls	21 Homemade chili Baby carrots & celery sticks Breadsticks Gold fish crackers Pears Milk Alternate: Little Caesar's pizza
24 Chicken patty on a whole grain bun Grape tomatoes Cucumber slices Apple sauce Milk Alternate: Ham & cheese wrap	25 Taco salad Tortilla chips Black beans Whole grain roll Pineapple Milk Alternate: Cheese quesadilla	26 Corn dog Fresh cauliflower & broccoli Cheese doritos Apple slices Milk Alternate: Pepperoni pizza	27 Hot dog Tater tots Baby carrots Fruit cocktail Milk Alternate: Turkey & cheese sandwich	28 Grilled cheese sandwich Tomato soup Cauliflower Watermelon Milk Alternate: Little Caesar's pizza

Milk choices available daily are 1% chocolate, fat free white and 1% white. Chef's salads, peanut butter and jelly, and yogurt parfaits are available as an alternate choice every day. All bread served is whole grain except pasta.

This institution is an equal opportunity provider.