

SEPTEMBER | 2023

CHS & WMS Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 Labor Day No School	5 Bosco sticks Marinara sauce Fresh broccoli Fresh carrot sticks Peaches Milk Alt – chicken burger on whole grain bun	6 Cheeseburger on whole grain bun French fries Baked beans Fresh strawberries Yellow & red pepper strips Milk Alt – hot dog on whole grain bun	7 Quesadilla Refried beans Yellow & Red pepper strips Tostitos Salsa Fresh pineapple Milk Alt – pizza burger	8 Chicken breast fillet on whole grain bun Sweet potato fries Romaine & Spinach salad with grape tomatoes Watermelon Milk Alt – Jim's pizza
11 Spaghetti with meat sauce Garlic breadsticks Romaine & Spinach salad Cucumber slices Diced pears Milk Alt – calzones w/ marinara sauce	12 Pulled pork on whole grain bun Sweet potato puffs Coleslaw Baked beans Watermelon Milk Alt – pepperoni pizza	13 1/2 day – noon dismissal Ham & cheese croissants Baby carrots Apple slices Sun chips Milk	14 Breaded pork patty Mash potatoes & gravy Roasted broccoli, cauliflower, carrots & onion Peaches Milk Alt- chicken breast fillet on whole grain bun	15 Chicken fajita – seasoned chicken with roasted peppers & onion, black beans, salsa Romaine Diced tomato Mixed fruit Milk Alt – Jim's pizza
18 Chicken breast fillet on whole grain bun French fries Baked beans Fresh Pears Milk Alt – brat on whole grain bun	19 Italian Penne Pasta Romaine & Spinach salad Cucumber slices Cantaloupe Breadstick Milk Alt – pepperoni pizza	20 Stir-fry Orange chicken Brown rice Steamed broccoli Mixed fruit Fortune cookie Milk Alt – egg roll or turkey sandwich	21 Walking taco – seasoned meat, shredded cheese, romaine, diced tomato, black beans, Doritos Pineapple Milk Alt – beef & bean burrito	22 Homemade chili Carrot sticks Celery sticks Goldfish crackers Apple slices Milk Alt – Jim's pizza
25 Bosco sticks Marinara sauce Fresh broccoli Fresh carrot sticks Peaches Milk Alt – cheeseburger on whole grain bun	26 Mini corn dogs French fries Baked beans Cucumber slices Grapes Milk Alt - French bread pizza	27 Cinnamon French toast Sausage links Breakfast juice Orange slices Milk Alt –sausage pizza	28 Chicken Teriyaki Brown rice Steamed broccoli Mixed fruit Fortune cookie Milk Alt – egg roll or chicken patty	29 Homemade turkey stew Fresh cauliflower Carrots sticks Diced pears Soft pretzel Milk Alt – Jim's pizza

News

Monday, September 4th – Labor Day – No School

Wednesday, September 13th – 1/2 day – lunch provided.

Breakfast and lunch are FREE for all students at CLK Schools.

This institution is an equal opportunity provider.

Menu subject to change due to product availability.