



2016 September

CHS Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cheese Pizza Stick w/ Marinara Sauce Chicken Club Melt Ham Chef Salad Ham & Cheddar Wrap <u>Sausage Pizza</u> Baked Beans, Garden Salad, Apple, Sliced Pears	30 Spaghetti & Meatballs Pizza Burger All American Salad Turkey & Cheese Sub <u>BBQ Chicken Pizza</u> Green Peas, Baby Carrots, Garden Salad, Banana, Fruit Cocktail	31 Grilled Turkey Bacon & Cheddar Sandwich Bacon Cheeseburger Italian Ham Salad All American Sub <u>Meat Lover's Pizza</u> Steamed Carrots, Garden Salad, Cucumber Slices, Orange Wedges, Diced Peaches	1 Country Fried Steak w/ Gravy & Roll Chicken Parm Sandwich Hummus & Veggie Plate Ham & Cheddar Sub <u>Buffalo Chicken Pizza</u> Mashed Potatoes & Gravy, Celery Sticks, Garden Salad, Apples, Applesauce	2 BBQ Pork Riblet Sdw Pesto Cheeseburger Chicken Caesar Salad Ham & Cheese Wrap <u>Papa John's Pizza</u> Green Beans, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears
5 NO SCHOOL Labor Day	6 Italian Meatball Sub Pizza Burger Hummus & Veggie Plate Turkey & Cheese Sub <u>Chicken Parm Pizza</u> Steamed Carrots, Cucumber Slices, Garden Salad, Banana, Fruit Cocktail	7 BBQ Chicken Sandwich Cheeseburger Ham Chef Salad Ham & Cheese Sub <u>Meat Lover's Pizza</u> Campfire Beans, Celery Sticks, Garden Salad, Orange Wedges, Diced Peaches	8 French Toast Sticks & Turkey Sausage Chicken Club Melt Buffalo Chicken Salad Turkey & Chs Wrap <u>Buffalo Chicken Pizza</u> Green Beans, Baby Carrots, Garden Salad, Apples, Applesauce	9 Grilled Cheese Sandwich Bacon Cheeseburger Popcorn Chicken Salad Ham & Provolone Wrap <u>Papa John's Pizza</u> Peas & Carrots, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears
12 Cheese Pizza Stick w/ Marinara Sauce Crispy Sriracha Burger All American Salad Turkey & Cheese Sub <u>Sausage Pizza</u> Seasoned Refried Beans, Broccoli, Garden Salad, Apple, Sliced Pears	13 Salisbury Steak w/ Mashed Potatoes Brown Gravy & Roll Pizza Burger Chicken Caesar Salad Ham & Cheese Wrap <u>BBQ Chicken Pizza</u> Green Beans, Baby Carrots, Garden Salad, Banana, Fruit Cocktail	14 Orange Broccoli Chkn w/ Veggie Fried Rice Bacon Cheeseburger Ham Chef Salad Ham, Turkey & Chs Wrap <u>Meat Lover's Pizza</u> Steamed Carrots, Garden Salad, Orange Wedges, Diced Peaches	15 Baked Spaghetti w/ Garlic Toast Chicken Parm Sandwich Italian Ham Salad Turkey & Cheese Sub <u>Buffalo Chicken Pizza</u> Steamed Broccoli, Celery Sticks, Garden Salad, Apples, Applesauce	16 Fish Sticks w/ Roll Pesto Cheeseburger Popcorn Chicken Salad Ham & Provolone Wrap <u>Papa John's Pizza</u> Golden Corn, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears
19 Chicken Cordon Bleu Sandwich Buffalo Chicken Sdw Chicken Caesar Salad Ham & Provolone Wrap <u>Sausage Pizza</u> Golden Corn, Cherry Tomatoes, Garden Salad, Apple, Sliced Pears	20 Breaded Buffalo Chicken & Ranch Wrap BBQ Pork Riblet Sdw Chicken Chef Salad Turkey & Cheese Sub <u>Chicken Parm Pizza</u> Steamed Carrots, Cucumber Slices, Garden Salad, Banana, Fruit Cocktail	21 NO SCHOOL 	22 Harvest of the Month Chicken Bacon Ranch Flatbread Sandwich Bacon Cheeseburger Turkey Chef Salad Ham & Cheese Sub <u>Buffalo Chicken Pizza</u> Mini Sweet Peppers Green Beans, Baby Carrots, Salad, Apples, Applesauce	23 Grilled Ham & Cheese Sandwich Cali Chicken Patty Melt All American Salad Ham & Provolone Wrap <u>Papa John's Pizza</u> Peas & Carrots, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears
26 Pancakes & Syrup w/ Turkey Sausage Honey Mustard Ckn Melt Hummus & Veggie Plate Ham & Cheddar Wrap <u>Sausage Pizza</u> HOT VEG, Broccoli, Garden Salad, Apple, Sliced Pears	27 Orange Broccoli Chkn w/ Veggie Fried Rice Chicken Parm Sandwich Chicken Caesar Salad Turkey & Cheese Sub <u>BBQ Chicken Pizza</u> Green Beans, Baby Carrots, Garden Salad, Banana, Fruit Cocktail	28 Corn Dog BBQ Pork Riblet Sdw Ham Chef Salad Ham & Cheddar Sub <u>Meat Lover's Pizza</u> Green Peas, Cucumber Slices, Garden Salad, Orange Wedges, Diced Peaches	29 BBQ Chicken Drumstick & Biscuit Bacon Cheeseburger Buffalo Chicken Salad Turkey & Cheese Wrap <u>Buffalo Chicken Pizza</u> Baked Beans, Cherry Tomatoes, Garden Salad, Apples, Applesauce	30 Birthday Celebration Breaded Fish Melt Pesto Cheeseburger Italian Ham Salad Ham & Provolone Wrap <u>Papa John's Pizza</u> Peas & Carrots, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears, Mini Rice Krispie Treat

Available Daily:



Cheese or Pepp Pizza
 Rotating Specialty Pizzas
 Dinner Roll



Cheeseburger
 Chicken Patty Sdw
 Chicken Tenders
 Popcorn Chicken



Made To Order
 Mexican Bar
 Available Mon, Wed, Fri
decide what u want
 Nachos, taco, burrito
get some protein
 Beef, chicken, legumes
make it pretty
 Salsa, lettuce, tomato, cheese, jalapenos, etc.



Made To Order
 Deli Bar
 Available Tues, Thurs
 This institution is an equal opportunity provider..

Create Your Meal...

FIRST: Choose Entree
SECOND: Make it a meal *choose a fruit or veggie*
 From hot and seasoned to fresh and crisp, there are plenty of vegetable options to choose from. Don't forget to grab a sweet fruit as a healthy alternative to dessert.
THIRD: Grab a milk, either Fat Free flavored, 1% or skim



Menus are subject to change without notice.

