MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHS - OCTOBER LUNCH MENU	1	2	3	4
Offered Daily Plant Based - Chicken Patties Chicken - Regular Patty, Spicy Patty, Grilled Hamburger / Cheeseburger Uncrustables: Grape or Strawberry Garden Side Salad, Carroteenies Fresh Fruit, Fruit Cup, Fruit Juice Box 1 % Low-Fat White Milk, Fat Free Chocolate	Pancakes w/Sausage Or bacon Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Spicy Chicken Ranch / Buffalo Chicken / Chicken Caesar Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Grilled Chicken / Buffalo Chicken Vegetable: Diced Potatoes / Cucumber Slices Fruit: Orange	Boneless Wing - Garlic / Sriracha Pizza: French Bread (Cheese / Pepperoni) Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Southwestern Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Taco / Spicy Crispy Chicken & Cheese / Cobb Vegetable: Vegetarian Beans / French Fries Fruit: Apple	Pasta & Meatballs / Pasta & Marinara w/2 cheese sticks Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Spicy Chicken Ranch / Chicken Caesar / Chicken Bacon Ranch Wrap Cold Sandwich: Salami & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Crispy Chicken & Cheese (Regular / Spicy) / Italian Vegetable: Garden Salad / Peas Fruit: Strawberries	Walking Taco Beef or Bean Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Bacon Caesar Cold Sandwich: Italian Sub / Turkey & Cheese Salad: Meatless w/ Hummus & Cheese Chicken (mixed with mayo) / Spicy Crispy Chicken Vegetable: Carroteenies / Peppers Boat Fruit: Pears
7	8	9	10	11
General Chicken w/Rice Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Bacon Caesar Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Chicken & Cheese (Grilled / Spicy Crispy) Vegetable: Broccoli Florets / Radish & Cauliflower Fruit: Orange	Chicken Fajita (2) Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Chicken & Ranch (Breaded / Spicy) / Asian Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus & Cheese / Chicken (mixed with mayo) / Spicy Crispy Chicken & Cheese Vegetable: Pepper Boats / Street Corn Fruit: Pears	Chicken Tenders (3) regular or spicy Pizza: Stuffed Crust (Cheese / Pepperoni) / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Chicken Caesar / Southwestern Cold Sandwich: Italian Sub / Turkey & Cheese Salad: Meatless w/Hummus / Chicken Fajita / Spicy Crispy Chicken & Cheese / Cobb Vegetable: Mash potatoes / Corn Cucumber Salad Fruit: Melon	Alfredo (Pasta / Chicken); Garlic bread or bread stick Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) Chicken Caesar / Chicken Bacon Ranch Cold Sandwich: Salami & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Crispy Chicken & Cheese (Regular / Spicy) / Italian Vegetable: Roasted Zucchini / Garden Salad Fruit: Apple	Corn Dog Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Buffalo Chicken / BLT Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Grilled Chicken / Buffalo Chicken Vegetable: Vegetarian Beans / Tots Fruit: Applesauce
14	15	16	17	18
HOLIDAY NO SCHOOL	Nacho Bar, Beef or Bean Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch Wrap (Breaded / Spicy) / Chicken Caesar Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus & Cheese Chicken Salad (mixed w/mayo) / Spicy Crispy Chicken & Cheese Vegetable: Black bean salsa / Street corn Fruit: Grapes Red & Green	Breakfast sandwich (Egg & Cheese / Sausage, Egg & Cheese) Pizza: Round Cheese / Pepperoni Round / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Southwestern Cold Sandwich: Italian Sub / Turkey & Cheese Salad: Meatless w/ Hummus / Taco salad Spicy Crispy Chicken & Cheese / Cobb Vegetable: Hashbrown / Peas Fruit: Orange	Pasta - Meat or Marinara Sauce (2 cheese sticks); Garlic bread or bread stick Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / BLT Cold Sandwich: Salami & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Crispy Chicken & Cheese (Regular / Spicy) / Italian Vegetable: Roasted Broccoli / Cucumber Slices Fruit: Watermelon	Burger Bar w/Bacon Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Spicy Chicken & Ranch / Chicken Caesar / Chicken Bacon Ranch Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Grilled Chicken / Buffalo Chicken Vegetable: Fries / Celery Sticks Fruit: Pears
21	22	23	24	25
Orange Chicken w/Rice Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / BLT / Chicken Caesar Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/Hummus / Chicken & Cheese (Grilled / Spicy / Regular) Vegetable: Broccoli Florets / Roasted Zucchini & Squash Fruit: Oranges	Twin Tacos (Beef / Black Bean) Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Chicken Bacon Ranch Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus & Cheese / Chicken (mixed w/ mayo) / Spicy Crispy Chicken & Cheese Vegetable: Peppers boat / refried beans Fruit: Applesauce	Chicken (spicy / regular) & Waffles Pizza: Quesadilla (Cheese / Chicken) / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) Southwestern Cold Sandwich: Italian Sub / Turkey & Cheese Salad: Meatless w/ Hummus / Taco / Spicy crispy Chicken & Cheese / Cobb Salad Vegetable: Waffle fries / Carroteenies Fruit: Pears	CONFERENCES NO SCHOOL	CONFERENCES NO SCHOOL
28	29	30	31	CHS - OCTOBER LUNCH MENU
Dumplings (Chicken / Vegetarians) Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Chicken Caesar Cold Sandwich: Ham & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Chicken & Cheese (Grilled / Crispy / Spicy Crispy) Vegetable: Celery sticks / Radish & Cauliflower Fruit: Applesauce	Nacho Bar (Chicken / Bean) Pizza: Cheese / Pepperoni / Buffalo Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Bacon Caesar Cold Sandwich: Italian Sub / Turkey & Cheese Salad: Meatless w/ Hummus & Cheese / Chicken (mixed w/ mayo) / Spicy Crispy Chicken & Cheese Vegetable: Black bean salsa / Street corn Fruit: Pears	Bosco Sticks (Cheese / Pepperoni) Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Southwestern Cold Sandwich: Harn & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Chicken Fajita / Spicy crispy Chicken & Cheese / Cobb Vegetable: Green Bean / Carroteenies Fruit: Apple	Chicken Parmesan Sandwich Pizza: Cheese / Pepperoni / BBQ Chicken Wraps: Vegetarian / Chicken Ranch (Breaded / Spicy) / Bacon Caesar Cold Sandwich: Salami & Cheese / Turkey & Cheese Salad: Meatless w/ Hummus / Crispy Chicken & Cheese (Regular / Spicy) / Italian salad Vegetable: Waffle fries / corn Fruit: Grapes Red & Green	Lunch Prices Student: \$3.40 Reduced: \$.40 Adult: \$3.95 Milk: \$.40