



Colonial Heights Public Schools Middle School Lunch Menu



October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak Mashed Potatoes Glazed Carrots Assorted Fruit	3 Pork BBQ Sandwich Collard Greens Cole Slaw Assorted Fruit	4 Corn Dog Nuggets Steamed Broccoli Sweet Potato Fries Assorted Fruit	5 Stuffed Pizza Sticks W/ Marinara Sauce Green Beans Assorted Fruit	6 House-made Pepperoni, Cheese, & Specialty Pizzas Assorted Fruit
9 Spaghetti & Meatballs Garlic Bread Steamed Corn Assorted Fruit	10 General Tso's Chicken Brown Rice Steamed Broccoli Assorted Fruit	11 Hot Dog Bar W/ Toppings Potato Salad Assorted Fruit	12 Beef Nachos & Toppings Spanish Beans Assorted Fruit	13 House-made Pepperoni, Cheese, & Specialty Pizzas Assorted Fruit
16 Cheesy Chicken Alfredo Garlic Bread Green Beans Assorted Fruit	17 Corn Dog Nuggets Steamed Broccoli Sweet Potato Fries Assorted Fruit	18 Salisbury Steak Mashed Potatoes Glazed Carrots Assorted Fruit	19 Pork BBQ Sandwich Collard Greens Cole Slaw Assorted Fruit	20 House-made Pepperoni, Cheese, & Specialty Pizzas Assorted Fruit
23 French Toast Sticks W/ Maple Syrup Turkey Sausage Steamed Broccoli	24 Stuffed Pizza Sticks W/ Marinara Sauce Green Beans Assorted Fruit	25 Hot Dog Bar W/ Toppings Potato Salad Assorted Fruit	26 Spaghetti & Meatballs Garlic Bread Steamed Corn Assorted Fruit	27 House-made Pepperoni, Cheese, & Specialty Pizzas Assorted Fruit



Available Daily

Cheeseburger, Regular & Spicy Chicken Sandwich, Chicken Topped Salad, French Fries, Cold Sandwich/Wrap.

Chilled Sides: Fresh Carrots, Romaine Lettuce, Assorted Whole Fruit, Assorted Raw Veggie Cups.

Beverages: 1% White Milk, Fat Free Chocolate Milk, Assorted 100% Juices, Filtered Water.

We are committed to serving our students the best in seasonal fruits and vegetables.

Fruit and vegetable sides may change, increase or be prepared differently based on availability or student preference.

Lunch Prices

\$2.65 Full Price, \$.40 Reduced Price

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