



Colonial Heights Public Schools Middle School Lunch Menu February 2019

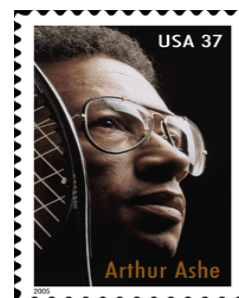
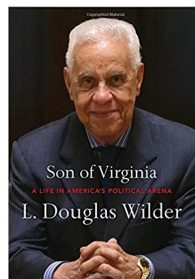
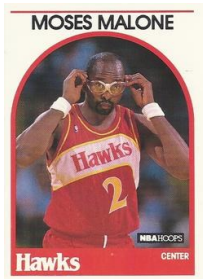


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Salisbury Steak Mashed Potatoes Gravy Green Beans	5 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples Steamed Broccoli	6 Pork Riblet Sub W/ Smoky BBQ Sauce Baked Beans Sweet Potato Fries	7 Stuffed Pizza Sticks Marinara Dipping Sauce Glazed Carrots Steamed Corn	8 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans
11 Sweet & Sour Chicken Steamed Broccoli Ginger Carrots Asian Rice	12 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries	13 Country Chicken Bowl Breaded Chicken Mashed Potatoes Steamed Broccoli	14 Spaghetti & Meaty Marinara Green Beans Garlic Bread Fruit Salad	15 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans French Fries
	19 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples Steamed Broccoli	20 Pork Riblet Sub W/ Smoky BBQ Sauce Baked Beans Sweet Potato Fries	21 Salisbury Steak Mashed Potatoes Gravy Green Beans	22 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans
25 Country Chicken Bowl Breaded Chicken Mashed Potatoes Steamed Broccoli	26 Spaghetti & Meaty Marinara Green Beans Garlic Bread Fruit Salad	27 Stuffed Pizza Sticks Marinara Dipping Sauce Sweet Potato Fries Steamed Corn	28 Sweet & Sour Chicken Steamed Broccoli Ginger Carrots Asian Rice	1 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans French Fries

CELEBRATE FAMOUS BLACK VIRGINIANS



Madeline M. Walker
President



Available Daily

Cheeseburger, Chicken Sandwich, Chef Salads, 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.

Lunch Prices

\$2.75 Full Price, \$.40 Reduced Price

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