




Colonial Heights Middle School Lunch Menu January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Salisbury Steak Whipped Potatoes Brown Gravy Green Beans	8 French Toast Sticks & Sausage Patties Hash Browns Fried Cinnamon Apples Steamed Broccoli	9 Pork Riblet Sub w/ BBQ Sauce Baked Beans Sweet Potato Fries	10 Stuffed Pizza Sticks Marinara Dipping Sauce Glazed Carrots Steamed Corn	11 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans
14 Sweet & Sour Chicken Steamed Broccoli Ginger Carrots Asian Rice	15 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries	16 Country Chicken Bowl Breaded Chicken Mashed Potatoes Steamed Broccoli	17 Spaghetti & Meaty Marinara Green Beans Garlic Bread Fruit Salad	18 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw Baked Beans French Fries <i>Lee Jackson Day</i>
	22 French Toast Sticks & Sausage Patties Hash Browns Fried Cinnamon Apples Steamed Broccoli	23 Pork Riblet Sub w/ BBQ Sauce Baked Beans Sweet Potato Fries	24 Salisbury Steak Whipped Potatoes Brown Gravy Green Beans	25 1/2 Day No Hot Lunch
28 No School Staff Workday	29 Country Chicken Bowl Breaded Chicken Mashed Potatoes Steamed Broccoli	30 Stuffed Pizza Sticks Marinara Dipping Sauce Green Beans Steamed Corn	31 Sweet & Sour Chicken Steamed Broccoli Ginger Carrots Asian Rice	1 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw Baked Beans French Fries

Available Daily

House Made Pizza, Cheeseburger, Specialty Salads, Deli Sandwiches, Chicken Sandwich, Breaded Chicken Tenders.

Rotating Weekly Sides: *Fresh Carrots, Cucumbers, French Fries, Sweet Potato Fries, Assorted Whole Fruit, Assorted Raw Veggie Cups.*

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

Lunch Prices

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

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