



Colonial Heights Public Schools Middle School Lunch Menu October 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 30 Cherry Blossom Chicken Asian Rice Steamed Fresh Broccoli | 1 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries | 2 Country Chicken Bowl Breaded Chicken Mashed Potatoes Seasoned Corn | 3 Cheesy Chicken Alfredo Green Beans Garlic Bread Fruit Salad | 4 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans |
| 7 Stuffed Cheese Sticks Marinara Dipping Sauce Steamed Fresh Broccoli French Fries | 8 Dill Chicken Nuggets W/ Dinner Roll Baked Beans Sweet Potato Fries | 9 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples | 10 Salisbury Steak W/ Fresh Baked Roll Mashed Potatoes Gravy Green Beans | 11 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans |
| 14 Cherry Blossom Chicken Asian Rice Steamed Fresh Broccoli | 15 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries | 16 Country Chicken Bowl Breaded Chicken Mashed Potatoes Seasoned Corn | 17 Cheesy Chicken Alfredo Green Beans Garlic Bread Fruit Salad | 18 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans |
| 21 Stuffed Cheese Sticks Marinara Dipping Sauce Steamed Fresh Broccoli French Fries | 22 Dill Chicken Nuggets W/ Dinner Roll Baked Beans Sweet Potato Fries | 23 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples | 24 Salisbury Steak W/ Fresh Baked Roll Mashed Potatoes Gravy Green Beans | 25 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans |
| 28 Cherry Blossom Chicken Asian Rice Steamed Fresh Broccoli | 29 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries | 30 Country Chicken Bowl Breaded Chicken Mashed Potatoes Seasoned Corn | 31 Cheesy Chicken Alfredo Green Beans Garlic Bread Fruit Salad | 1 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans |



Apply Online Every School Year for Free and Reduced Benefits:



Cheeseburger, Chicken Sandwich, Chef Salads, Corn Dog Nuggets, Cold Sandwiches.

Chilled Sides: Fresh Carrots, 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.



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Lunch Prices

\$2.90 Full Price, \$.40 Reduced Price

"This Institution is an Equal Opportunity Provider"

