



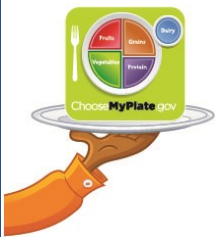
Colonial Heights Public Schools Middle School Lunch Menu September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries	4 Country Chicken Bowl Breaded Chicken Mashed Potatoes Seasoned Corn	5 Cheesy Chicken Alfredo Green Beans Garlic Bread Fruit Salad	6 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans
9 Stuffed Cheese Sticks Marinara Dipping Sauce Steamed Fresh Broccoli French Fries	10 Dill Chicken Nuggets W/ Dinner Roll Baked Beans Sweet Potato Fries	11 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples	12 Salisbury Steak W/ Fresh Baked Roll Mashed Potatoes Gravy Green Beans	13 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans
16 Cherry Blossom Chicken Asian Rice Steamed Fresh Broccoli	17 Pork BBQ Sandwich Creamy Cole Slaw Collard Greens Sweet Potato Fries	18 Country Chicken Bowl Breaded Chicken Mashed Potatoes Seasoned Corn	19 Cheesy Chicken Alfredo Green Beans Garlic Bread Fruit Salad	20 Hot Dog Bar Chili, Cheese Sauce, Relish, Cole Slaw, Baked Beans
23 Stuffed Cheese Sticks Marinara Dipping Sauce Steamed Fresh Broccoli French Fries	24 Dill Chicken Nuggets W/ Dinner Roll Baked Beans Sweet Potato Fries	25 French Toast Sticks & Sausage Patties Hash Browns Cinnamon Apples	26 Salisbury Steak W/ Fresh Baked Roll Mashed Potatoes Gravy Green Beans	27 Beef Nachos Salsa, Sour Cream, Jalapenos, Nacho Cheese Fiesta Black Beans

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<http://colonialhtsva.schoolunchapp.com>



WELCOME BACK TO SCHOOL!

Available Daily

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.

Lunch Prices

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

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