

October

4 Day High School Dish Up Lunch Menu

Hungry? Apply for meal benefits today, by going to MySchoolApps.com



Say NO to Bullying 

See something? Say something.
<http://ccsd.net/students/bully>




Connect with us today!
@CCSDFoodService


PAY ONLINE 


You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option 

Our milk varieties include 1% low fat & fat-free choices. 

Nutritious seasonal fresh & cupped fruit served daily. 

We offer a variety of vitamin and mineral rich vegetables. 

We use heart healthy whole grain breads and rice. 

All Menus are subject to change. 

MONDAY

Week of Respect

Hot Dog w/bun or Bean & Cheese **2**

Burrito **V**

Tater Tots 1 cup
Pears and/or Mandarin Oranges
Chocolate Chip Cookie
Milk

School Lunch Week

Teriyaki Chicken w/Rice **9**

or Bean & Cheese Burrito **V**

Green Beans 1 cup
Pineapple and/or Applesauce
Milk

Chicken Tenders (6 piece) **16**

or Bean & Cheese Burrito **V**

Potato Wedges ½ cup
Fiesta Beans ½ cup
Raisels and/or Mixed Fruit Cup
Milk

Breaded Chicken Drumstick (2 each) & Dinner Roll **23**

or Bean & Cheese Burrito **V**

Creamy Mashed Potatoes ½ cup
Campfire Baked Beans ½ cup
Peach Cup and/or Craisins
Milk

Mini Corn Dogs (9 piece) **30**

or Bean & Cheese Burrito **V**

Deli Roaster Potatoes 1 cup
Craisins and/or Mandarin Oranges
Milk

"TASTE IT" TUESDAY

Cheeseburger Sliders or Grilled Cheese Sandwich **3**

Campfire Baked Beans ½ cup
Peas & Carrots ½ cup
Craisins and/or 100% Fruit Juice available
Colby Jack Cheese Stick
Milk

Chicken Nuggets or Grilled Cheese Sandwich **10**

Baby Carrots w/Ranch
Raisels and/or 100% Fruit Juice available
String Cheese
Elf Graham Crackers
Milk

Cheeseburger w/bun or Grilled Cheese Sandwich **17**

Baby Carrots w/Ranch
Pears and/or 100% Fruit Juice
Yogurt
Milk

BBQ Pulled Pork Sandwich or Grilled Cheese Sandwich **24**

Baby Carrots w/Ranch
Pineapples and/or 100% Fruit Juice
Cheesy Breadstick
Milk

Hot Ham & Cheese Sandwich or Grilled Cheese Sandwich **31**

Green Beans 1 cup
Applesauce and/or Raisels
String Cheese
Goldfish Crackers
Milk

"WELLNESS" WEDNESDAY

Crispy Chicken Filet Sandwich w/bun **4**

or Bean & Cheese Burrito **V**

Baby Carrots w/Ranch
Peach Cup and/or Raisels
Milk

Meatloaf w/Gravy & Dinner Roll **11**

or Bean & Cheese Burrito **V**

Campfire Baked Beans ½ cup
Creamy Mashed Potatoes ½ cup
Craisins and/or Peaches
Double Chocolate Cookie
Milk

Hot Ham & Cheese Sandwich or Bean & Cheese Burrito **18**

Celery w/Ranch
Pineapple and/or Raisels
Colby Jack Cheese Stick
Flamin' Hot Cheetos
Milk

Hamburger w/bun or Bean & Cheese Burrito **25**

Green Beans 1 cup
Apple Slices and/or Pears
Elf Graham Crackers
Milk

NATIONAL SCHOOL LUNCH WEEK

October 9-13



THURSDAY

Cheese Pizza **V** **5**

or Grilled Cheese Sandwich **V**

Green Salad and/or Celery w/Ranch
Orange Slices and/or 100% Fruit Juice
String Cheese
Milk

Pepperoni Pizza (contains pork) **12**

or Grilled Cheese Sandwich **V**

Green Salad w/Ranch
Fresh Grapes and/or 100% Fruit Juice available
Colby Jack Cheese Stick
Milk

Cheese Pizza **V** **19**

or Grilled Cheese Sandwich **V**

Green Salad w/Ranch
Craisins and/or 100% Fruit Juice
String Cheese
Milk

Pepperoni Pizza (contains pork) **26**

or Grilled Cheese Sandwich **V**

Green Salad w/Ranch
Raisels and/or 100% Fruit Juice
Colby Jack Cheese Stick
Milk

FRIDAY

HAPPY NEVADA DAY

BATTLE BORN



Week of Respect - "Get Your Blue On!"

Be an Upstander 

10/2: Kick Off!
10/3: Respect Yourself Day
10/4: Respect Each Other Day
10/5: Respect Your School Day
10/6: "Get Your Blue On!"

This institution is an equal opportunity provider. / Esta institución es un proveedor que ofrece igualdad de oportunidades.