

October

CCSD High School Lunch



Lunch Cost
\$3.25

Offered Daily
Fresh Salad Bar
Grab N' Go#1: Turkey Deli Sub
Grab N' Go#2: Spicy Chicken Wrap
Grab N' Go#3: Lite n' Fit
School Lunch

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

Say NO to Bullying PLEDGE
See something? Say something.
<http://ccsd.net/students/bully>
Connect with us today!
@CCSPFoodService

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

2 Teriyaki Chicken w/Rice
or
Papa John's Cheese Pizza V
Green Beans 1 cup
Whole Apple and/or Peaches
Milk

School Lunch Week

9 BBQ Pulled Pork Sandwich
or
Papa John's Cheese Pizza V
Campfire Baked Beans ½ cup
Sweet Corn ½ cup
Applesauce and/or Craisins
Milk

WEDNESDAY

16 Chicken Parm Sandwich
or
Papa John's Cheese Pizza V
Fiesta Beans ½ cup
Green Beans ½ cup
Diced Apricots and/or Applesauce
Milk

FRIDAY

23 Hot & Spicy Chicken Nuggets w/Ranch
or Papa John's Cheese Pizza V
Fiesta Beans ½ cup
Sweet Corn ½ cup
Peaches and/or Raisels
Doritos Chips
Milk

MONDAY

30 Crispy Chicken Filet Sandwich
or
Papa John's Cheese Pizza V
Green Beans 1 cup
Whole Apple and/or Peaches
Milk

"TASTE IT" TUESDAY

3 Cheesy Breadstick Dippers w/Marinara V
or
Papa John's Pepperoni Pizza
Baby Carrots
100% Fruit Juice and/or Pears
Dorito Chips
Milk

10 Chicken Nuggets w/Ranch
or
Papa John's Pepperoni Pizza
Green Peas ½ cup
Baked Fries ½ cup
100% Fruit Juice and/or Pears
Flamin' Hot Cheetos
Milk

WEDNESDAY

17 Fiery Bean & Cheese Burrito V
or
Papa John's Pepperoni Pizza
Baby Carrots w/Ranch
100% Fruit Juice and/or Pineapple
Milk

FRIDAY

24 Orange Chicken w/Rice
or
Papa John's Pepperoni Pizza
Green Beans 1 cup
100% Fruit Juice and/or Craisins
Milk

MONDAY

31 BBQ Pulled Pork Sandwich
or
Papa John's Pepperoni Pizza
Sweet Corn 1 cup
Applesauce and/or Pineapple
Milk

"WELLNESS" WEDNESDAY

4 Cheeseburger Sliders
or
Papa John's Cheese Pizza V
Campfire Baked Beans ½ cup
Tater Tots ½ cup
Applesauce and/or Mandarin
Oranges
Milk

11 Spicy Chicken Sandwich
or
Papa John's Cheese Pizza V
Baby Carrots w/ Ranch
Diced Apricots and/or Raisels
Colby Jack Cheese Stick
Milk

THURSDAY

18 Chicken Tender (6 piece)
or
Papa John's Cheese Pizza V
Tater Tots 1 cup
Whole Orange and/or Raisels
String Cheese
Milk

FRIDAY

25 Cheesy Breadstick Dippers w/Marinara V
or
Papa John's Cheese Pizza V
Baby Carrots w/Ranch
Apple Slices and/or Mixed Fruit
Milk

THURSDAY

5 Hamburger
or
Papa John's Cheese Pizza V
Green Salad w/Italian Dressing
100% Fruit Juice and/or
Pineapple
Milk

12 Teriyaki Chicken Sliders
or
Papa John's Cheese Pizza V
Green Salad w/Ranch
100% Fruit Juice and/or
Fresh Whole Pear
Elf Graham Crackers
Milk

FRIDAY

19 Spicy Chicken Sandwich
or
Papa John's Cheese Pizza V
Green Salad w/Ranch
100% Fruit Juice and/or Craisins
Milk

MONDAY

26 Double Cheeseburger
or
Papa John's Cheese Pizza V
Green Salad w/Ranch
100% Fruit Juice and/or Whole Orange
Milk

FRIDAY

6 Breaded Chicken Drumsticks (2 each) or
Papa John's Pepperoni Pizza
Potato Wedges 1 cup
Fresh Grapes and/or Mixed Fruit
Goldfish Crackers
Milk

13 Cheeseburger
or
Papa John's Pepperoni Pizza
Celery w/Ranch
Apple Slices and/or Craisins
Milk

THURSDAY

20 Hamburger
or
Papa John's Pepperoni Pizza
Celery w/Ranch
Pears and/or Apple Slices
Goldfish Crackers
Milk

FRIDAY

27 **No School**



Week of Respect - "Get Your Blue On"

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!"

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