

# October

## CCSD Middle 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](http://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	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<b>Week of Respect</b>	<b>2</b> Teriyaki Chicken w/Rice or Papa John's Cheese Pizza V Green Beans ¾ cup Whole Apple Milk	<b>3</b> Cheesy Breadstick Dippers w/Marinara V or Papa John's Pepperoni Pizza Baby Carrots 100% Fruit Juice Dorito Chips Milk	<b>4</b> Cheeseburger Sliders or Papa John's Cheese Pizza V Campfire Baked Beans ¾ cup Applesauce Milk	<b>5</b> Hamburger or Papa John's Cheese Pizza V Green Salad w/Italian Dressing 100% Fruit Juice Milk	<b>6</b> Breaded Chicken Drumsticks (2 each) or Papa John's Pepperoni Pizza Potato Wedges ¾ cup Fresh Grapes Milk
<b>School Lunch Week</b>	<b>9</b> BBQ Pulled Pork Sandwich or Papa John's Cheese Pizza V Campfire Baked Beans ½ cup Sweet Corn ½ cup Applesauce Milk	<b>10</b> Chicken Nuggets w/Ranch or Papa John's Pepperoni Pizza Green Peas ½ cup Baked Fries ½ cup 100% Fruit Juice Milk	<b>11</b> Spicy Chicken Sandwich or Papa John's Cheese Pizza V Baby Carrots w/ Ranch Fresh Whole Pear Milk	<b>12</b> Teriyaki Chicken Sliders or Papa John's Cheese Pizza V Green Salad w/Ranch 100% Fruit Juice Milk	<b>13</b> Cheeseburger or Papa John's Pepperoni Pizza Celery w/Ranch Apple Slices Flamin' Hot Cheetos Milk
	<b>16</b> Chicken Parm Sandwich or Papa John's Cheese Pizza V Fiesta Beans ¾ cup Diced Apricots Milk	<b>17</b> Fiery Bean & Cheese Burrito V or Papa John's Pepperoni Pizza Baby Carrots w/Ranch 100% Fruit Juice Milk	<b>18</b> Chicken Tender (6 piece) or Papa John's Cheese Pizza V Tater Tots ¾ cup Whole Orange Milk	<b>19</b> Spicy Chicken Sandwich or Papa John's Cheese Pizza V Green Salad w/Ranch 100% Fruit Juice Milk	<b>20</b> Hamburger or Papa John's Pepperoni Pizza Celery w/Ranch Pears Milk
	<b>23</b> Hot & Spicy Chicken Nuggets w/Ranch or Papa John's Cheese Pizza V Fiesta Beans ½ cup Sweet Corn ½ cup Peaches Milk	<b>24</b> Orange Chicken w/Rice or Papa John's Pepperoni Pizza Green Beans ¾ cup 100% Fruit Juice Milk	<b>25</b> Cheesy Breadstick Dippers w/Marinara V or Papa John's Cheese Pizza V Baby Carrots w/Ranch Apple Slices Milk	<b>26</b> Double Cheeseburger or Papa John's Cheese Pizza V Green Salad w/Ranch 100% Fruit Juice Milk	<b>27</b>  <b>No School</b>
	<b>30</b> Crispy Chicken Filet Sandwich or Papa John's Cheese Pizza V Green Beans ¾ cup Whole Apple Milk	<b>31</b> BBQ Pulled Pork Sandwich or Papa John's Pepperoni Pizza Sweet Corn ¾ cup Pineapple Milk	 <b>NATIONAL SCHOOL LUNCH WEEK</b> October 9-13		
	<b>Week of Respect - "Get Your Blue On"</b>  <ul style="list-style-type: none"> <li>10/2: Kick Off!</li> <li>10/3: Respect Yourself Day</li> <li>10/4: Respect Each Other Day</li> <li>10/5: Respect Your School Day</li> <li>10/6: "Get Your Blue On!"</li> </ul>				

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