



CCSD Middle School Dish Up Lunch



Lunch Cost

\$3.25

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! @CCSDFoodService



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	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas & Carrots ½ cup 100% Fruit Juice Milk	2 Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peaches Milk	3 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk	4 BBQ Pulled Pork Sandwich w/bun or Bean & Cheese Burrito V Celery w/Ranch Pineapple Goldfish Crackers Milk
7 Turkey Pepperoni Pizza Pocket or Bean & Cheese Burrito V Green Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Celebration Cookie Milk	8 BBQ Pulled Pork Sandwich w/bun or Grilled Cheese Sandwich V Fiesta Beans ¾ cup 100% Fruit Juice Tortilla Chips Milk	9 Chef's Pick of the Day! or Hamburger w/bun Bean & Cheese Burrito V Baked Fries ½ cup Carrot Coins ½ cup Pineapple Cup Milk	10 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	11 Chicken Tenders (3 piece) or Bean & Cheese Burrito V Peas & Carrots ¾ cup Apple Slices Milk
14 Chicken Nuggets or Bean & Cheese Burrito V Baked Fries ½ cup Fiesta Beans ½ cup Raisels Milk	15 Chef's Pick of the Day! or Cheeseburger w/bun Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Elf Graham Crackers Milk	16 Hot Ham & Cheese Sandwich w/bun or Bean & Cheese Burrito V Peas & Carrots ¾ cup Pineapple String Cheese Milk	17 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	18 Chicken Parm Sandwich w/bun or Bean & Cheese Burrito V Celery w/Ranch Craisins Milk
21 Breaded Chicken Drumsticks (2 each) & Dinner Roll or Bean & Cheese Burrito V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Raisels Milk	22 Chicken Tenders (3 piece) or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Goldfish Crackers Milk	23 Hamburger w/bun or Bean & Cheese Burrito V Green Beans ¾ cup Peaches Milk	24 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk	25 Popcorn Chicken or Bean & Cheese Burrito V Carrot Coins ¾ cup Mixed Fruit Elf Graham Crackers Milk



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