

October, 2009



**National School Lunch
Week
October 12-16**

5. 1. **Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Pasta w/Meat Sauce w/ Breadstick
3. *Caesar Chicken Strip Salad w/Breadstick or (V) *Vegetarian Caesar Salad w/ Breadstick
(May Choose up to 3)
Green Beans, Baby Carrots, Pineapple Tidbits, Fresh Fruit, ♦ 100% Juice, Cinnamon Apples

12. 1. Ravioli Casserole w/ Breadstick
2. Egg & Cheese Omelet w/ Sweet Potato Cinnamon Pancakes
3. *Greek Salad w/ Breadstick or (V) *Vegetarian Greek Salad w/Breadstick
(May Choose up to 3)
Tator Tots, Caesar Side Salad, Mandarin Oranges, Fresh Fruit, ♦ Juice, Baked Peaches

19. 1. **Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Pasta w/Meat Sauce w/ Breadstick
3. *Caesar Chicken Strip Salad w/Breadstick or (V) *Vegetarian Caesar Salad w/ Breadstick
(May Choose up to 3)
Caesar Side Salad, Baby Carrots, Pineapple Tidbits, Fresh Fruit, ♦ 100% Juice, Cinnamon Apples

26. 1. Ravioli Casserole w/ Breadstick
2. Egg & Cheese Omelet w/ Sweet Potato Cinnamon Pancakes
3. *Greek Salad w/ Breadstick or (V) *Vegetarian Greek Salad w/Breadstick
(May Choose up to 3)
Tator Tots, Tomato & Shred Cucumber, Mandarin Oranges, Fresh Fruit, ♦ 100% Juice, Baked Peaches

6. 1. Soup & Sandwich
2. Chicken Nuggets w/Roll
3. *Tuna Salad w/ Multigrain Roll or (V) *Vegetarian Chef Salad w/WW Crackers
(May Choose up to 3)
Squash Casserole, Mashed Potatoes, Tossed Green Salad, Mandarin Oranges, Fresh Fruit, ♦ 100% Juice, Cinnamon Harvest Bread

13. 1. (V) **Cheese Stuffed Breadstick w/ Marinara Sauce
2. **Deli Fresh Sandwich w/ Pasta Salad
3. *Chicken Tender Salad w/ Multigrain Roll or (V) *Vegetarian Caesar Salad w/ Multigrain Roll
(May Choose up to 3)
Corn, Baby Carrots, Applesauce, Fresh Fruit, ♦ 100% Juice, Fruit Medley

20. 1. Soup & Sandwich
2. Chicken Nuggets w/Roll
3. *Tuna Salad w/ Multigrain Roll or (V) *Vegetarian Chef Salad w/WW Crackers
(May Choose up to 3)
Squash Casserole, Tossed Green Salad, Mandarin Oranges, Fresh Fruit, ♦ 100% Juice, Cinnamon Harvest Bread

27. 1. (V) *Cheese Stuffed Breadstick w/ Marinara Sauce
2. **Deli Fresh Sandwich w/ Pasta Salad
3. *Chicken Tender Salad w/ Multigrain Roll or (V) *Vegetarian Caesar Salad w/ Multigrain Roll
(May Choose up to 3)
Spotlight Casserole, Baby Carrots, Applesauce, Fresh Fruit, ♦ 100% Juice, Fruit Medley

7. 1. Nachos w/Beef & Cheese or (V) Cheese only
2. Baked Breaded Chicken w/ Cornbread
3. *Asian Chicken Salad w/ Multigrain Roll or (V) *Vegetarian Asian Salad w/ Multigrain Roll
(May Choose up to 3)
Seasoned Black Beans, Diced Tomato w/Lettuce, Pears, Fresh Fruit, ♦ 100% Juice, Juice Bar

14. 1. Whole Grain Chicken Corn Dog
2. Turkey, Cornbread Dressing, Gravy
3. *Chef Salad w/WW Crackers or (V) *Vegetarian Chef Salad w/WW Crackers
(May Choose up to 3)
Baked Breaded Okra, Peaches, Coleslaw, Peaches, Fresh Fruit, ♦ 100% Juice, Juice Bar

~~sack lunch~~
~~28. 1. Tacos w/Beef & Cheese or (V) Cheese only~~
~~2. Baked Breaded Chicken w/ Cornbread~~
~~3. *Asian Chicken Salad w/ Multigrain Roll or (V) *Vegetarian Asian Salad w/ Multigrain Roll~~
~~**(May Choose up to 3)**~~
~~Sweet Potato Soufflé, Seasoned Black Beans, Diced Tomato w/Lettuce, Pears, Fresh Fruit, ♦ 100% Juice, Juice Bar~~
Hot Dog, Chips, Fruit, Veggie Dippers

28. 1. Hot Dog (All Beef)
2. Chicken Soft Taco or (V) Cheese Taco
3. *Chef Salad w/WW Crackers or (V) *Vegetarian Chef Salad w/WW Crackers
(May Choose up to 3)
Baked Breaded Okra, Peaches, Coleslaw, Peaches, Fresh Fruit, ♦ 100% Juice, Juice Bar

1. (V) Cheese Pizza or Pepperoni Pizza
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/Roll
3. *Santa Fe Salad w/ Multigrain Roll or (V) *Vegetarian Santa Fe Salad w/ Multigrain Roll
(May Choose up to 3)
Peas & Carrots, Tossed Green Salad, Tropical Fruit Salad, Fresh Fruit, ♦ 100% Juice, Low Fat Brownie

8. 1. Teriyaki Chicken Nuggets w/Str Fry Rice & Breadstick
2. *Hamburger or Cheeseburger
3. *Taco Salad or (V) *Vegetarian Taco Salad
(May Choose up to 3)
Baked French Fries, Coleslaw, Peaches, Fresh Fruit, ♦ 100% Juice, Cookie

15. 1. (V) Cheese Pizza or Pepperoni Pizza
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Roll
3. *Santa Fe Salad w/ Multigrain Roll or (V) *Vegetarian Santa Fe Salad w/ Multigrain Roll
(May Choose up to 3)
Broccoli w/ Cheese, Tossed Green Salad, Tropical Fruit Salad, Fresh Fruit, ♦ 100% Juice, Low Fat Brownie

22. 1. Teriyaki Chicken Nuggets w/Str Fry Rice & Breadstick
2. *Hamburger or Cheeseburger
3. *Taco Salad or (V) *Vegetarian Taco Salad
(May Choose up to 3)
California Blend w/Cheese, Baked French Fries, Peaches, Fresh Fruit, ♦ 100% Juice, Cookie

29. 1. (V) Cheese Pizza or Pepperoni Pizza
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/Roll
3. *Santa Fe Salad w/ Multigrain Roll or (V) *Vegetarian Santa Fe Salad w/ Multigrain Roll
(May Choose up to 3)
Broccoli w/ Cheese, Tossed Green Salad, Tropical Fruit Salad, Fresh Fruit, ♦ 100% Juice, Low Fat Brownie

2. 1. Fishsticks w/ Macaroni & Cheese & Cornbread
2. BBQ Pork Sandwich
3. *Power Pack or (V) *Vegetarian Power Pack
(May Choose up to 3)
Collard Greens, Veggie Dippers, Fruit Cocktail, Fresh Fruit, ♦ 100% Juice, Fruit Fiesta

9. 1. Sloppy Joe
2. (v) Cheese Pizza or Pepperoni Pizza
3. (v) *Yogurt Butter Fruit Plate
(May Choose up to 3)
Corn, Veggie Dippers, Applesauce, Fresh Fruit, ♦ 100% Juice, Fruit Fiesta

16. 1. Popcorn Shrimp w/ Macaroni & Cheese & Cornbread
2. BBQ Pork Sandwich
3. *Power Pack or (V) *Vegetarian Power Pack
(May Choose up to 3)
Green Beans, Corn, Veggie Dippers, Fruit Cocktail, Fresh Fruit, ♦ 100% Juice, Fruit Fiesta

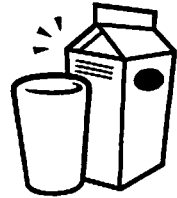
23. 1. Sloppy Joe
2. (V) Cheese Pizza or Pepperoni Pizza
3. (V) Peanut Butter Fruit Plate
(May Choose up to 3)
Glazed Carrots, Veggie Dippers, Applesauce, Fresh Fruit, ♦ 100% Juice, Fruit Fiesta

30. 1. Fishsticks w/ Macaroni & Cheese & Cornbread
2. BBQ Pork Sandwich
3. *Power Pack or (V) *Vegetarian Power Pack
(May Choose up to 3)
Collard Greens, Veggie Dippers, Fruit Cocktail, Fresh Fruit, ♦ 100% Juice, Fruit Fiesta



Fresh Fruits & Vegetables served daily.

A vegetarian menu selections is also offered daily.



Milk is available at all meals. Milk selections are 1% fat or lower.



Pasta, pizza crust and most bread selections are whole grain, white wheat or whole wheat.

Lunch Prices:
Students \$1.60
Reduced \$0.40
Adults \$2.50

CCSD is an equal opportunity provider.

*Choose only one side.

**Offer sliced lettuce & tomato as additional side.

♦100% Juice provides 300 mg. calcium, 25% daily requirement of Vitamin D and 100% vitamin C.

NOTE: Market conditions and/or availability of food may require changes in menus. Also, menus may occasionally vary at local schools due to special events.