


# OCTOBER 2023 MIDDLE/HIGH SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Breakfast Menu for the Month</b>					
<i>Each breakfast comes with Milk &amp; 100% Fruit Juice. Poptart and Cereal will be choices daily</i>					
Assorted Warm Breakfast Breads	Breakfast Sausage Pizza	Bacon, Egg & Cheese Biscuit	Chicken Biscuit	Egg, Ham & Cheese Croissant	
<b>Lunch Menu</b>					
<i>Each lunch is served with Milk (1% White or Fat Free Chocolate)</i>					
<b>2</b> Chicken Drum Stick w/roll or Sloppy Joe on bun  <b>Sides:</b> Green Beans Sweet Potato Fries Applesauce or Pears	<b>3</b> Spaghetti w/meat sauce & breadstick or Italian House Salad  <b>Sides:</b> Collard Greens Corn Craisins or Peaches	<b>4</b> Cheese or Pepperoni Pizza or Chicken Caesar Salad  <b>Sides:</b> Baked Beans Sweet Potato VA Apple or Mixed Fruit	<b>5</b> Cheeseburger on bun or Turkey Melt Sub w/turkey, cheese & bacon  <b>Sides:</b> Waffle Fries Side salad Raisins or Pears	<b>6</b> Loaded Baked Potato or Chef Salad  <b>Sides:</b> Broccoli Spinach Fresh Fruit or Applesauce	<p>In our efforts to provide tasty, fresh and healthy meals, we may make changes to the menu at the Chef's discretion or food availability.</p> <p><b><u>NOTICE TO PARENTS:</u></b>  <b>CCPS Foodservice Policy Regarding a la Carte Purchases &amp; Price Changes</b></p> <p>A la carte items are available for purchase daily in the cafeteria. Students may use funds from their lunch account or bring cash. <b>Please note that any change will not be given to the student but applied to their lunch account.</b></p> <p>Prices may change during the school year due to price increases from our vendors. Notice of any price changes will be posted by the cash register prior to the change.</p> <p>Please stay current with your student's cafeteria account by paying ahead. Check balance and make payment at <a href="http://K12PaymentCenter.com">K12PaymentCenter.com</a></p> <p>USDA is an equal opportunity provider and employer.</p>
<b>9</b> HOLIDAY NO SCHOOL	<b>10</b> Taco Tuesday (chicken or beef) or Taco Salad  <b>Sides:</b> Refried Beans Corn Apple Crisp or Peaches	<b>11</b> Cheese or Pepperoni Pizza or Chicken Caesar Salad  <b>Sides:</b> Sweet Potatoes Steamed Broccoli Fresh or Mixed Fruit	<b>12</b> Hot Dog on bun or Salisbury Steak w/gravy & roll  <b>Sides:</b> Mashed Potatoes Green Beans Craisins or Pears	<b>13</b> Chicken Wings w/roll or Asian Chicken Dumplings  <b>Sides:</b> Sweet Potato Fries Asian Salad Fresh Fruit or Applesauce	
<b>16</b> Chicken Drum Stick w/roll or Sloppy Joe on bun  <b>Sides:</b> Green beans Sweet potato fries Applesauce or Pears	<b>17</b> Spaghetti w/meat sauce & breadstick or Italian House Salad  <b>Sides:</b> Collard Greens Corn Craisins or Peaches	<b>18</b> Cheese or Pepperoni Pizza or Chicken Caesar Salad  <b>Sides:</b> Baked Beans Sweet Potato Fresh or Mixed Fruit	<b>19</b> Cheeseburger on bun or Turkey Melt Sub w/turkey, cheese & bacon  <b>Sides:</b> Waffle fries Side salad Raisins or Pears	<b>20</b> Loaded Baked Potato or Chef Salad  <b>Sides:</b> Broccoli Spinach Fresh Fruit or Applesauce	
<b>23</b> Chicken Patty on bun or Pork BBQ on bun  <b>Sides:</b> Cole slaw Baked beans Applesauce or Pears	<b>24</b> Taco Tuesday (chicken or beef) or Taco Salad  <b>Sides:</b> Refried beans Corn Apple Crisp or Peaches	<b>25</b> Cheese or Pepperoni Pizza or Chicken Caesar Salad  <b>Sides:</b> Sweet Potatoes Steamed Broccoli Fresh or Mixed Fruit	<b>26</b> Hot Dog on bun or Salisbury Steak w/gravy & roll  <b>Sides:</b> Mashed Potatoes Green Beans Raisins or Pears	<b>27</b> Chicken Wings w/roll or Asian Chicken Dumplings  <b>Sides:</b> Sweet Potato Fries Asian Salad Fresh Fruit or Applesauce	
<b>30</b> Chicken Drum Stick w/roll or Sloppy Joe on bun  <b>Sides:</b> Green Beans Sweet Potato Fries Applesauce or Pears	<b>31</b> Spaghetti w/meat sauce & breadstick or Italian House Salad  <b>Sides:</b> Collard Greens Corn Craisins or Peaches				