

October

CCSD Elementary School Dish Up Lunch



Lunch Cost
\$2.00

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



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PAY ONLINE 


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
Week of Respect	2 Hot Dog w/bun or Bean & Cheese Burrito V Tater Tots ¾ cup Pears Milk	3 Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas & Carrots ½ cup Craisins Milk	4 Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peach Cup Milk	5 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Orange Slices Milk	6 Popcorn Chicken or Bean & Cheese Burrito V Celery w/Ranch Apple Slices Goldfish Crackers Milk
School Lunch Week	9 Teriyaki Chicken w/Rice or Bean & Cheese Burrito V Mixed Veggies ¾ cup Pineapple Milk	10 Chicken Nuggets or Grilled Cheese Sandwich V Baby Carrots w/Ranch Mixed Fruit Milk	11 Meatloaf w/Gravy & Dinner Roll or Bean & Cheese Burrito V Green Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Double Chocolate Cookie Milk	12 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Fresh Grapes Milk	13 Chicken Gordita or Bean & Cheese Burrito V Fiesta Beans ½ cup Sweet Corn ½ cup Apple Slices Milk
	16 Chicken Tenders (3 piece) or Bean & Cheese Burrito V Potato Wedges ½ cup Fiesta Beans ½ cup Raisels Milk	17 Cheeseburger w/bun or Grilled Cheese Sandwich V Baby Carrots Pears Milk	18 Hot Ham & Cheese Sandwich or Bean & Cheese Burrito V Peas & Carrots ¾ cup Pineapple Milk	19 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Craisins Goldfish Crackers Milk	20 Chicken Parm Sandwich w/bun or Bean & Cheese Burrito V Celery w/Ranch Orange Slices Milk
	23 Breaded Chicken Drumstick & Dinner Roll or Bean & Cheese Burrito V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup Milk	24 BBQ Pulled Pork Sandwich w/bun or Grilled Cheese Sandwich V Baby Carrots w/Ranch Pineapples Milk	25 Hamburger w/bun or Bean & Cheese Burrito V Green Beans ¾ cup Apple Slices Elf Graham Crackers Milk	26 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Raisels Milk	27  No School
	30 Mini Corn Dogs (6 piece) or Bean & Cheese Burrito V Deli Roaster Potatoes ¾ cup Mandarin Oranges Milk	31 Hot Ham & Cheese Sandwich or Grilled Cheese Sandwich V Green Beans ¾ cup Applesauce Milk	 NATIONAL SCHOOL LUNCH WEEK October 9-13		
	Week of Respect - "Get Your Blue On" 				

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