

CRHS Lunch Menu October 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breaded Fish or Chicken Tacos (2)</b> Pico de gallo Cilantro slaw Roasted street corn Chipotle mayo Mangos Milk	2 <b>Beef Steak or Turkey Burgers</b> Wedge fries Sweet peas Romaine salad Fruit sorbet Milk	3 <b>Asian Noodle Bowl</b> General Tso or Teriyaki Chicken Noodles Stir fry veggies Veggie spring rolls Teddy grahams Applesauce Milk	4 <b>French Bread Pizza</b> Herbs & butter potatoes Roasted carrots Green beans Fruit snacks Banana Milk
7	8	9	10	11
<b>Build your SUB :</b> Italian combo or Sliced ham Sliced cheese Cucumbers or fresh red peppers & Ranch Potato chips Chocolate chip cookie Blueberries Milk	<b>Taco Salad bowl:</b> Beef or fajita Black beans Peppers & onions Salsa Cilantro rice Pineapple Milk	<b>Grilled Chicken or Sloppy Joe Sandwich</b> Sweet potato waffle fries Cucumber salad Fruit slushy Milk	<b>Pasta w/ Meat Sauce</b> Bosco stick Spinach salad Roasted cauliflower Fruit cocktail Milk	<b>Cheese or Pepperoni Calzone</b> Marinara cup California mixed veg Roasted potatoes Strawberries Vanilla yogurt Milk
14	15	16	17	18
<b>Mediterranean Gyro</b> Pita bread Chicken or Beef French Fries Roasted chickpeas Cucumber Sauce Mangos Milk	<b>Hot &amp; Spicy or Regular Chicken Tenders &amp; Biscuit</b> Mashed potatoes Gravy Corn Green beans Pineapple Milk	<b>Philly Beef Steak Sub w/ Cheese</b> Tater tots Peppers & onions Spicy slaw Fruit sorbet Milk	<b>Pasta Bar</b> Alfredo or marinara sauce Chicken Sweet peas Garlic bread Mandarin oranges Milk	NO SCHOOL
21	22	23	24	25
NO SCHOOL	<b>Nacho Bar</b> Chicken or beef Salsa cup Refried beans cheddar cheese sauce Corn pico de gallo Fruit cocktail Milk	<b>Breaded Chicken breast Sandwich</b> Cucumber salad Fresh baby carrots & ranch Banana Milk	<b>Macaroni N Cheese</b> Texas Toast Broccoli Tomato salad Chocolate fudge Cookie Fruit Slushy Milk	<b>Chicago Cheese or Pepperoni Deep Dish Pizza</b> Potato cubes Caesar salad Marinara Sauce Strawberries Milk
28	29	30	31	
<b>Popcorn Chicken w/ Dinner Rolls</b> Mashed Potatoes w/ Gravy Broccoli Blueberries Strawberry yogurt Milk	<b>Breaded Fish or Chicken Tacos (2)</b> Pico de gallo Cilantro slaw Roasted street corn Chipotle mayo Mangos Milk	<b>Beef Steak or Turkey Burgers</b> Wedge fries Sweet peas Romaine salad Fruit sorbet Milk	<b>Asian Noodle Bowl</b> General Tso or Teriyaki Chicken Noodles Stir fry veggies Veggie spring rolls Teddy grahams Applesauce Milk	