

CRHS Lunch Menu
October 2019

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