

CRHS Lunch Menu

January 2020

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