



# Colonial Heights Public Schools High School Lunch Menu



## October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <b>French Toast Sticks &amp; Sausage Patties</b> Hash Browns Seasoned Corn Cinnamon Apples	1 <b>Ultimate Chicken Sandwich</b> Lettuce & Tomato Dill Pickles Sweet Potato Fries	2 <b>Spaghetti &amp; Meaty Marinara</b> Green Beans Garlic Toast Fruit Salad	3 <b>Oven Fried Pork Chop</b> Gravy Brown Rice Homestyle Greens Fresh Baked Roll	4 <b>Cherry Blossom Chicken</b> Japanese Style Chicken Asian Style Rice Ginger Glazed Carrots
7 <b>Salisbury Steak</b> Gravy Mashed Potatoes Seasoned Corn Fresh Baked Roll	8 <b>Pork BBQ Sandwich</b> Creamy Cole Slaw Linda's Mac & Cheese Sweet Potato Fries	9 <b>Chicken Parmesan</b> Angel Hair Pasta W/ Marinara Sauce Garlic Toast	10 <b>Country Chicken Bowl</b> Breaded Chicken Mashed Potatoes Corn Biscuit	11 <b>Loaded Chili Cheese Fries</b> Seasoned Potato Wedges Chili, Cheese, Sour Cream Steamed Broccoli
14 <b>French Toast Sticks &amp; Sausage Patties</b> Hash Browns Seasoned Corn Cinnamon Apples	15 <b>Ultimate Chicken Sandwich</b> Lettuce & Tomato Dill Pickles Sweet Potato Fries	16 <b>Spaghetti &amp; Meaty Marinara</b> Green Beans Garlic Toast Fruit Salad	17 <b>Oven Fried Pork Chop</b> Gravy Brown Rice Homestyle Greens Fresh Baked Roll	18 <b>Cherry Blossom Chicken</b> Japanese Style Chicken Asian Style Rice Ginger Glazed Carrots
21 <b>Salisbury Steak</b> Gravy Mashed Potatoes Seasoned Corn Fresh Baked Roll	22 <b>Pork BBQ Sandwich</b> Creamy Cole Slaw Linda's Mac & Cheese Sweet Potato Fries	23 <b>Chicken Parmesan</b> Angel Hair Pasta W/ Marinara Sauce Garlic Toast	24 <b>Country Chicken Bowl</b> Breaded Chicken Mashed Potatoes Corn Biscuit	25 <b>Loaded Chili Cheese Fries</b> Seasoned Potato Wedges Chili, Cheese, Sour Cream Steamed Broccoli
28 <b>French Toast Sticks &amp; Sausage Patties</b> Hash Browns Seasoned Corn Cinnamon Apples	29 <b>Ultimate Chicken Sandwich</b> Lettuce & Tomato Dill Pickles Sweet Potato Fries	30 <b>Spaghetti &amp; Meaty Marinara</b> Green Beans Garlic Toast Fruit Salad	31 <b>Oven Fried Pork Chop</b> Gravy Brown Rice Homestyle Greens Fresh Baked Roll	1 <b>Cherry Blossom Chicken</b> Japanese Style Chicken Asian Style Rice Ginger Glazed Carrots

### Tex-Mex Station

Mon: Roast Carnitas Bowl

Tues: Chicken Fajitas Soft Tacos

Wed: Beef Tacos

Thurs: Chicken Fiesta Bowl

Friday: Beef Nachos

Apply Online Every School Year for Free and Reduced Benefits:

<http://colonialhtsva.school lunchapp.com>

***Available Daily***

*Fresh Made Salads and Sandwiches w/ your favorite cheeses and toppings. House-made Pizzas.*

*Grab & Go Grill: Cheeseburger, Spicy Chicken Sandwich, Stuffed Cheese Sticks w/ Marinara Dipping Sauce*

### Lunch Prices

**\$2.90 Full Price, \$.40 Reduced Price**

***"This Institution is an Equal Opportunity***



**School Lunch App**  
Online Free and Reduced Application