

SEPTEMBER | 2019



Chesapeake High & Middle School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Labor Day No School</p>	<p>3</p> <p>Taco Meat & Tostitos Cheese/Taco Sauce Lettuce & Tomato Fruit 1 % or Nonfat Milk</p>	<p>4</p> <p>Square Pizza Broccoli & Carrots Ranch Dip / Fruit WG Cookie 1 % or Nonfat Milk</p>	<p>5</p> <p>Salisbury steak /w Gravy Mashed Potatoes Fruit WG Dinner Roll 1 % or Nonfat Milk</p>	<p>6</p> <p>Hot Dog on a Bun Ketchup or Mustard Baked Beans Chips /Fruit 1 % or Nonfat Milk</p>
<p>9</p> <p>Hamburger on a Bun Potato wedges Ketchup or Mustard Fruit 1 % or Nonfat Milk</p>	<p>10</p> <p>Chicken Taco Meat Taco Sauce Chips / Salsa Fruit 1 % or Nonfat Milk</p>	<p>11</p> <p>Cheese Pizza Garden Salad w/Ranch Fruit WG Cookie 1 % or Nonfat Milk</p>	<p>12</p> <p>Grilled Cheese Tomato Soup w/ Crackers Celery Sticks Fruit 1 % or Nonfat Milk</p>	<p>13</p> <p>Chicken Sandwich Baked Beans Mayo Chips/Fruit 1 % or Nonfat Milk</p>
<p>16</p> <p>Pork BBQ on a Bun Potato wedges Ketchup or Mustard Fruit 1 % or Nonfat Milk</p>	<p>17</p> <p>Taco Meat & Tostitos Cheese/Taco Sauce Lettuce & Tomato Fruit 1 % or Nonfat Milk</p>	<p>18</p> <p>Square Pizza Broccoli & Carrots Ranch Dip / Fruit WG Cookie 1 % or Nonfat Milk</p>	<p>19</p> <p>Chicken Nuggets Potato Puffs Fruit / Ketchup WG Dinner Roll 1 % or Nonfat Milk</p>	<p>20</p> <p>Hot Dog on a Bun Ketchup or Mustard Baked Beans Chips /Fruit 1 % or Nonfat Milk</p>
<p>23</p> <p>Chicken Patty on a Bun Potato wedges Ketchup or Mustard Fruit 1 % or Nonfat Milk</p>	<p>24</p> <p>Chicken Taco Meat Taco Sauce Chips /Salsa Fruit 1 % or Nonfat Milk</p>	<p>25</p> <p>Cheese Pizza Garden Salad w/Ranch Fruit WG Cookie 1 % or Nonfat Milk</p>	<p>26</p> <p>Mac & Cheese Green Beans Fruit Bread & Butter 1 % or Nonfat Milk</p>	<p>27</p> <p>Mini Corn Dogs Ketchup or Mustard Baked Beans Chips /Fruit 1 % or Nonfat Milk</p>
<p>30</p> <p>Hamburger on a Bun Potato wedges Ketchup or Mustard Fruit 1 % or Nonfat Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

Statement: This Institution is an equal opportunity provider .
All Grains served are Whole Grain
All Condiments served are low fat or fat free
Menus are subject change due to inclement weather

Student Lunch	\$2.80
Reduced School Lunch	\$.40
Staff Lunch	\$4.00
Staff Breakfast	\$2.00