

# High School Lunch Menu– FEBRUARY



Director of Food & Nutrition  
 Chuck Edwards  
 Chesapeake@thenutritiongroup.net

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Grille</b> Daily Specialty Items: Grilled Chicken Sandwich Cheeseburger on a Bun Breaded Chicken Sandwich				1 Pulled Pork BBQ on a Bun Cole Slaw Split Peas Strawberries Low Fat Milk	2 Salisbury Steak with Mashed Potatoes and Gravy Dinner Roll Broccoli Pineapple Tidbits Low Fat Milk
	5 Chicken Tenders with Waffle French Fries Diced Peaches Low Fat Milk	6 Buffalo Chicken Alfredo Carrots Garlic Bread Fresh Fruit Salad Low Fat Milk	7 Turkey and Cheese in Pita Bread Garden Salad with Romaine Applesauce Low Fat Milk	8 Chicken Walking Taco Spanish Rice Refried Beans Sidekicks Low Fat Milk	9 Cook's Choice Peas Garlic Cheese Toast Peach Crisp Low Fat Milk
	12 BBQ Grilled Chicken on a Bun Green Beans Pears Low Fat Milk	13 Meatball Sub French Fries Fruit Salad Low Fat Milk	14 Spaghetti with Meat balls Garden Salad with Romaine Garlic Bread Peaches Low Fat Milk	15 Pulled Pork BBQ on a Bun Cole Slaw Split Peas Strawberries Low Fat Milk	16 NO SCHOOL
<b>The Pizzeria</b> Daily Specialty Items: Hot Buffalo Chicken Pizza Mexican Pizza Pepperoni Pizza Mozzarella Cheese Pizza California Chicken Bacon Ranch Pizza	19 NO SCHOOL— PRESIDENT'S DAY	20 Buffalo Chicken Alfredo Carrots Fresh Fruit Salad Low Fat Milk	21 Chicken Tenders with Waffle French Fries Diced Peaches Low Fat Milk	22 Beef Walking Taco Spanish Rice Refried Beans Sidekicks Low Fat Milk	23 Cook's Choice Peas Garlic Cheese Toast Peach Crisp Low Fat Milk
	26 BBQ Grilled Chicken on a Bun Green Beans Mixed Fruit Low Fat Milk	27 Meatball Sub French Fries Fruit Salad Low Fat Milk	28 Lasagna Roll Up Garden Salad with Romaine Garlic Bread Mixed Fruit Low Fat Milk	29 Sloppy Joe Cole Slaw Split Peas Strawberries Low Fat Milk	1 Cook's Choice Sweet Potatoes Pineapple Tidbits Low Fat Milk

## The Garden

## The Pizzeria

## Grab & Go

## Options

## Ala Cart

Changes Daily  
 Fresh Baked Cookies Iced Donuts  
 Decorated Cake Cookie Bars  
 Pudding Parfaits Double Fudge Brownies  
 Yogurt Parfaits Pre-Packaged Selection

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable  
**Vegetable Bar**  
 May includes:  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Daily Prepared Salad  
 Celery & Cucumber  
**\*Fruits may include:**  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

## Milk

Milk Choices Offered Daily:  
 1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**

# High School Lunch Menu-SEPTEMBER



Food Service Director  
ERICKA GILLMAN, ADFN  
gillmaner@collins-cc.edu  
740-867-6641 x 345

## The Grille

Daily Specialty Items:  
Monday-Grilled Chicken Sandwich  
Tuesday-Cheeseburger on a Bun  
Wednesday-Breaded Chicken Sandwich  
Thursday-Hot Dogs  
Friday-Boneless Chicken Wings

## The Garden

Daily Specialty Items:  
Monday-Grilled Chicken Salad  
Tuesday-Buffalo Chicken Salad  
Wednesday-Roast Turkey Salad  
Thursday-Chicken Caesar Salad  
Friday-Chef Salad

## The Pizzeria

Daily Specialty Items:  
Cheese Pizza  
Pepperoni Pizza  
Specialty Pizza

## Grab & Go

A variety of sandwiches, wraps, are available daily!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheesy Dunkers With Dipping Sauce Tossed Salad w/ Romaine Pineapple Tidbits Fat Free Milk
4 Corn Dog Nuggets Baked Beans Berry Applesauce Fat Free Milk	5 Cheesesteak Sub Green Beans Mixed Fruit Fat Free Milk	6 French Toast Sticks with Warm Syrup Tater Gems Mandarin Oranges Fat Free Milk	7 Chicken Stir Fry over Brown Rice Broccoli Berry Applesauce Fat Free Milk	8 Breaded Chicken Fresh Dinner Roll Mashed Potatoes w/ Gravy Blueberry Crisp Fat Free Milk
11 Sloppy Joe on Bun Baked Potato Wedges Pineapple Tidbits Fat Free Milk	12 Meatball Sub with Mozzarella Cheese & Sauce Sweet Potato Fries Mixed Fruit Fat Free Milk	13 Homestyle Meatloaf Fresh Dinner Roll Green Beans Blueberry Cobbler Fat Free Milk	14 Chicken & Cheese Quesadilla with Salsa Refried Beans Sliced Pears Fat Free Milk	15 Lasagna Rollup with Garlic Bread Mixed Vegetables Sliced Peaches Fat Free Milk
18 Pasta Bake with Fresh Sliced Bread Steamed Broccoli Florets Mandarin Oranges Fat Free Milk	19 Grilled Cheese on Texas Toast Tomato Soup Cinnamon Apple Slices Fat Free Milk	20 Popcorn Chicken Bowl with Bread Mashed Potatoes Tropical Fruit Cup Fat Free Milk	21 Soft Shell Chicken Taco with Lettuce, Tomato & Salsa Refried Beans Pineapple Tidbits Fat Free Milk	22 Salisbury Steak with Dinner Roll Green Beans Apple Crisp Fat Free Milk
25 Homemade Chili with Peanut Butter Sandwich Carrot Sticks Mixed Fruit Fat Free Milk	26 Chicken Fajita with Lettuce, Tomato & Salsa Spanish Rice Tropical Fruit Salad Fat Free Milk	27 Pasta with Meatball and Breadstick Green Beans Apple Crisp Fat Free Milk	28 Pulled Pork BBQ on a Roll French Fries Mandarin Oranges Fat Free Milk	29 Generals Chicken With Fried Rice Steamed Broccoli Mandarin Oranges Fat Free Milk

## Ala Cart\*

\*Daily Assortment of:  
Fresh Baked Cookies Iced Donuts  
Decorated Cake Cookie Bars  
Pudding Parfaits Double Choc. Brownies  
Yogurt Parfaits Pre-Packaged Selection  
Soda Iced Tea

\*Additional charge

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar  
May include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

\*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

## Milk

Milk Choices Offered Daily:  
1% white, non-fat white, non-fat Chocolate

## Proud to manage your food service program

The Nutrition Group

Lunch Prices  
Paid \$2.75

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**MENUS SUBJECT TO CHANGE**

# Chesapeake Middle & High School Lunch Menu- OCTOBER



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Grille</b> Daily Specialty Items: Chicken Sandwich Cheeseburger on a Bun	2 Cheesy Dunkers w/ Sauce Tossed Salad w/ Romaine Applesauce Fat Free Milk 	3 Cheesesteak Sub Baked Beans Mixed Fruit Fat Free Milk	4 Bosco Sticks w/ Marinara Green Beans Diced Pears Fat Free Milk	5 Walking Taco Lettuce Cheese Sour Cream Salsa Spanish Rice Diced Peaches Fat Free Milk	6 Chicken Tenders Dinner Roll Mashed Potatoes w/ Gravy Blueberry Crisp Fat Free Milk 
	9 Sloppy Joe on Bun Steamed Broccoli Sliced Peaches Fat Free Milk	10 Meatball Sub with Mozzarella Cheese & Sauce Sweet Potato Fries Mixed Fruit Fat Free Milk 	11 Pizza Pasta Bake Garlic Bread Green Beans Blueberry w/ Whipped Top Fat Free Milk	12 Chicken & Cheese Quesadilla Refried Beans Fruited Gelatin Fat Free Milk	13 Grilled Chicken Wraps Tater Tots Applesauce Fat Free Milk 
<b>The Garden</b> Daily Specialty Items: Chef Salad Garden Salad Popcorn Chicken Salad	16 NO SCHOOL	17 Texas Toast Grilled Cheese Tomato Soup Diced Pears Fat Free Milk	18 Popcorn Chicken Bowl Dinner Roll Mixed Fruit Fat Free Milk 	19 Soft Shell Chicken Taco Lettuce, Tomato & Salsa Black Beans and Corn Pineapple Tidbits Fat Free Milk	20 Salisbury Steak Dinner Roll Mashed Potatoes w/ Beef Gravy Apple Crisp Fat Free Milk
	23 Hotdog on Bun w/ Sauce Baked Beans Mixed Fruit Fat Free Milk	24 Chicken Fajita Lettuce, Tomato & Salsa Spanish Rice Diced Pears Fat Free Milk	25 Pasta with Meatball Breadstick Buttered Corn Baked Apples Fat Free Milk 	26 Pulled Pork BBQ on Bun Cole Slaw Diced Peaches Fat Free Milk	27 Generals Chicken Fried Rice Steamed Broccoli Mandarin Oranges Fat Free Milk 
<b>The Pizzeria</b> Daily Specialty Items: Cheese Pizza Pepperoni Pizza Specialty Pizza	30 Nacho Bites Steamed Corn Diced Peaches Fat Free Milk 	31 Homemade Chili Peanut Butter Sandwich Carrot Sticks Applesauce Fat Free Milk			
<b>Grab &amp; Go</b> A wide variety of sandwiches, wraps, specialty salads .					

## Ala Cart\*

- \*Daily Assortment of:**
- |   |                   |
|---|-------------------|
| Rice Krispy                             | Fruit Snacks      |
| Oreos                                   | Chips             |
| Chips Ahoy                              | Pretzel w/ Cheese |
| Nacho Chips w/ Choice of Salsa / Cheese |                   |
- \*Additional charge**

## Accompaniments

- \*Must take at least one 1/2 cup of fruit or vegetable**
- |                                       |                             |
|---------------------------------------|-----------------------------|
| <b>*Vegetable Bar</b><br>May include: | <b>*Fruits may include:</b> |
| Broccoli Florets                      | Crisp Apple                 |
| Baby Carrots                          | Sliced Peaches              |
| Dark Leafy Greens                     | Mixed Fruit                 |
| Daily Prepared Salad                  | Fresh Orange                |
| Celery & Cucumber                     | Banana                      |
| Iceberg Lettuce                       | Pineapple Tidbits           |
| Salad Fixings                         | Diced Pears                 |
| Sandwich Toppings                     | Applesauce                  |

## Milk

Milk Choices Offered Daily:  
 1% white, non-fat white, non-fat chocolate

## Proud to manage your food service program

**Lunch Prices:**  
**\$2.90**

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**MENUS SUBJECT TO CHANGE**

# Middle School Lunch Menu– NOVEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Daily Specialty Items:</b>                      Monday-Grilled Chicken Sandwich                      Tuesday-Cheeseburger on a Bun                      Wednesday-Breaded Chicken Sandwich                      Thursday-Chicken Chunks                      Friday-Cooks Choice</p>			1 Walking Taco Lettuce Cheese Sour Cream Salsa Spanish Rice Diced Peaches Fat Free Milk	2 Spaghetti w/ Meat Sauce Garlic Breadstick Green Beans Diced Pears Fat Free Milk	3 Chicken Chunks Dinner Roll Mashed Potatoes w/ Gravy Blueberry Crisp Fat Free Milk
 <p><b>Daily Specialty Items:</b>                      Monday-Grilled Chicken Salad                      Tuesday-Buffalo Chicken Salad                      Wednesday-Roast Turkey Salad                      Thursday-Chicken Caesar Salad                      Friday-Chef Salad</p>	6 Chicken Fried Rice Honey Glazed Carrots Sliced Peaches Fat Free Milk	7 Cheese Steak w/ Peppers and Onions Waffle Fries Mixed Fruit Fat Free Milk	8 Salisbury Steak Green Beans Blueberry w/ Whipped Top Fat Free Milk	9 Chicken & Cheese Soft Tacos Refried Beans Fruited Gelatin Fat Free Milk	10 Buffalo Chicken Alfredo Garlic Bread Steamed Broccoli Applesauce Fat Free Milk
 <p><b>Daily Specialty Items:</b>                      Cheese Pizza                      Pepperoni Pizza                      Specialty Pizza</p>	13 Waffles Sausage Link Tator Tots Diced Peaches Fat Free Milk	14 Chili w/ Peanut Butter Sandwich Carrot Sticks Diced Peaches Fat Free Milk	15 Chicken Alfredo Broccoli Dinner Roll Mixed Fruit Fat Free Milk	16 Soft Shell Taco Lettuce, Tomato & Salsa Black Beans and Corn Pineapple Tidbits Fat Free Milk	17 Lasagna Roll Up Tossed Salad Apple Crisp Fat Free Milk
	20 <b>Thanksgiving Meal</b> Roast Turkey Breast Dinner Roll Mashed Potatoes w/ Gravy Green Beans Pumpkin Cake w/ Cream Cheese Frosting Fat Free Milk	21 Hot Dog w/ Sauce Baked Beans Mixed Fruit Fat Free Milk	22 Grilled Cheese Tomato Soup Diced Pears Fat Free Milk	23	24
 <p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	27 Chili Mac Steamed Corn Diced Peaches Fat Free Milk	28 BBQ Rib Sandwich Green Beans Applesauce Fat Free Milk	29 Cheesy Dunkers w/ Sauce Tossed Salad w/ Romaine Applesauce Fat Free Milk	30 Italian Sub Baked Beans Mixed Fruit Fat Free Milk	

## Ala Cart\*

**\*Daily Assortment of:**  
 Fresh Baked Cookies Iced Donuts  
 Decorated Cake Cookie Bars  
 Pudding Parfaits Double Choc. Brownies  
 Yogurt Parfaits Pre-Packaged Selection  
 Soda Iced Tea

**\*Additional charge**

## Accompaniments

**\*Must take at least one 1/2 cup of fruit or vegetable**

**\*Vegetable Bar**  
 May include:

**\*Fruits may include:**

Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Daily Prepared Salad  
 Celery & Cucumber  
 Iceberg Lettuce  
 Salad Fixings  
 Sandwich Toppings

Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

## Milk

**Milk Choices Offered Daily:**  
 1% white, non-fat white, non-fat chocolate

## Proud to manage your food service program

**Lunch Prices:**  
 \$

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**MENUS SUBJECT TO CHANGE**

# High School Lunch Menu- NOVEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>The Grille</b></p> <p>Daily Specialty Items:                      Monday-Grilled Chicken Sandwich                      Tuesday-Cheeseburger on a Bun                      Wednesday-Breaded Chicken Sandwich                      Thursday-Chicken Chunks                      Friday-Cooks Choice</p>			1 Walking Taco Lettuce Cheese Sour Cream Salsa Spanish Rice Diced Peaches Fat Free Milk	2 Spaghetti w/ Meat Sauce Garlic Breadstick Green Beans Diced Pears Fat Free Milk	3 Chicken Chunks Dinner Roll Mashed Potatoes w/ Gravy Blueberry Crisp Fat Free Milk
 <p><b>The Garden</b></p> <p>Daily Specialty Items:                      Monday-Grilled Chicken Salad                      Tuesday-Buffalo Chicken Salad                      Wednesday-Roast Turkey Salad                      Thursday-Chicken Caesar Salad                      Friday-Chef Salad</p>	6 Chicken Fried Rice Honey Glazed Carrots Sliced Peaches Fat Free Milk	7 Cheese Steak w/ Peppers and Onions Waffle Fries Mixed Fruit Fat Free Milk	8 Salisbury Steak Green Beans Blueberry w/ Whipped Top Fat Free Milk	9 Chicken & Cheese Soft Tacos Refried Beans Fruited Gelatin Fat Free Milk	10 Buffalo Chicken Alfredo Garlic Bread Steamed Broccoli Applesauce Fat Free Milk
 <p><b>The Pizzeria</b></p> <p>Daily Specialty Items:                      Cheese Pizza                      Pepperoni Pizza                      Specialty Pizza</p>	13 Waffles Sausage Link Tator Tots Diced Peaches Fat Free Milk	14 Chili w/ Peanut Butter Sandwich Carrot Sticks Diced Peaches Fat Free Milk	15 Chicken Alfredo Broccoli Dinner Roll Mixed Fruit Fat Free Milk	16 Soft Shell Taco Lettuce, Tomato & Salsa Black Beans and Corn Pineapple Tidbits Fat Free Milk	17 Lasagna Roll Up Tossed Salad Apple Crisp Fat Free Milk
 <p><b>Grab &amp; Go</b></p> <p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	20 Hot Dog w/ Sauce Baked Beans Mixed Fruit Fat Free Milk	21 <b>Thanksgiving Meal</b> Roast Turkey Breast Dinner Roll Mashed Potatoes w/ Gravy Green Beans Pumpkin Cake w/ Cream Cheese Frosting Fat Free Milk	22 Grilled Cheese Tomato Soup Diced Pears Fat Free Milk	23	24
	27 Chili Mac Steamed Corn Diced Peaches Fat Free Milk	28 BBQ Rib Sandwich Green Beans Applesauce Fat Free Milk	29 Cheesy Dunkers w/ Sauce Tossed Salad w/ Romaine Applesauce Fat Free Milk	30 Italian Sub Baked Beans Mixed Fruit Fat Free Milk	



**Ala Cart\***

**\*Daily Assortment of:**  
 Fresh Baked Cookies Iced Donuts  
 Decorated Cake Cookie Bars  
 Pudding Parfaits Double Choc. Brownies  
 Yogurt Parfaits Pre-Packaged Selection  
 Soda Iced Tea

**\*Additional charge**



**Accompaniments**

**\*Must take at least one 1/2 cup of fruit or vegetable**

**\*Vegetable Bar**  
 May include:

**\*Fruits may include:**  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Daily Prepared Salad  
 Celery & Cucumber  
 Iceberg Lettuce  
 Salad Fixings  
 Sandwich Toppings



**Milk**

**Milk Choices Offered Daily:**  
 1% white, non-fat white, non-fat chocolate



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The Nutrition Group

**Lunch Prices:**  
 \$

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