

Middle School Lunch Menu— FEBRUARY



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

The Grille

Daily Specialty Items:
 Grilled Chicken Sandwich
 Cheeseburger on a Bun
 Breaded Chicken Sandwich

The Garden

Daily Specialty Items:
 Grilled Chicken Sandwich
 Garden Salad with Cheese
 Chef Salad
 Breaded Chicken Salad

The Pizzeria

Daily Specialty Items:
 Hot Buffalo Chicken Pizza
 Mexican Pizza
 Pepperoni Pizza
 Mozzarella Cheese Pizza
 California Chicken Bacon Ranch Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | | 1 Pulled Pork BBQ on a Bun Split Peas Strawberries Low Fat Milk Alternative Options—Mini Corn Dogs, Hot Dog w/ Sauce, Cheese Pizza | 2 Sarisbury Steak with Mashed Potatoes and Gravy Toasted Bread Broccoli Pineapple Tidbits Low Fat Milk Alternative Options—Pepperoni Pizza, Cheeseburger, Grilled Chicken Sandwich |
| 5 Chicken Tenders with Waffle French Fries Diced Peaches Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Hot Dog w/ Sauce | 6 Buffalo Chicken Alfredo Carrots Fresh Fruit Salad Low Fat Milk Alternative Options—Chicken Nuggets, Cheeseburger, Cheese Pizza | 7 Turkey and Cheese Wrap Garden Salad with Romaine Applesauce Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Peanut Butter & Jelly Sandwich | 8 Chicken Walking Taco Spanish Rice Refried Beans Blueberries Low Fat Milk Alternative Options—Mini Corn Dogs, Hot Dog w/ Sauce, Cheese Pizza | 9 Cook's Choice Peas Garlic Cheese Toast Peach Crisp Low Fat Milk Alternative Options—Pepperoni Pizza, Cheeseburger, Grilled Chicken Sandwich |
| 12 BBQ Grilled Chicken on a Bun Green Beans Mixed Fruit Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Hot Dog w/ Sauce | 13 Meatball Sub French Fries Fruit Salad Low Fat Milk Alternative Options—Chicken Nuggets, Cheeseburger, Cheese Pizza | 14 Spaghetti with Meat balls Garden Salad with Romaine Garlic Bread Mixed Fruit Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Peanut Butter /Jelly Sandwich | 15 Pulled Pork BBQ on a Bun Split Peas Strawberries Low Fat Milk Alternative Options—Mini Corn Dogs, Hot Dog w/ Sauce, Cheese Pizza | 16 NO SCHOOL |
| 19 NO SCHOOL PRESIDENT'S DAY | 20 Buffalo Chicken Alfredo Carrots Fresh Fruit Salad Low Fat Milk Alternative Options—Chicken Nuggets, Cheeseburger, Cheese Pizza | 21 Turkey and Cheese Wrap Garden Salad with Romaine Applesauce Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Peanut Butter & Jelly Sandwich | 22 Chicken Walking Taco Spanish Rice Refried Beans Blueberries Low Fat Milk Alternative Options—Mini Corn Dogs, Hot Dog w/ Sauce, Cheese Pizza | 23 Cook's Choice Peas Garlic Cheese Toast Peach Crisp Low Fat Milk Alternative Options—Pepperoni Pizza, Cheeseburger, Grilled Chicken Sandwich |
| 26 BBQ Grilled Chicken on a Bun Green Beans Mixed Fruit Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Hot Dog w/ Sauce | 27 Meatball Sub French Fries Fruit Salad Low Fat Milk Alternative Options—Chicken Nuggets, Cheeseburger, Cheese Pizza | 28 Spaghetti with Meat balls Garden Salad with Romaine Garlic Bread Mixed Fruit Low Fat Milk Alternative Options—Bosco Sticks, Pepperoni Pizza, Peanut Butter/Jelly Sandwich | 29 Pulled Pork BBQ on a Bun Split Peas Strawberries Low Fat Milk Alternative Options—Mini Corn Dogs, Hot Dog w/ Sauce, Cheese Pizza | 1 Cook's Choice Sweet Potatoes Pineapple Tidbits Low Fat Milk Alternative Options—Pepperoni Pizza, Cheeseburger, Grilled Chicken Sandwich |

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 Peas
 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:

*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

The Nutrition Group

Lunch Prices
Paid \$2.75

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

Chesapeake Middle & High School Lunch Menu- OCTOBER



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

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


*Vegetable Bar
May include:

| | |
|---|--|
| <p>Broccoli Florets Baby Carrots Dark Leafy Greens Daily Prepared Salad Celery & Cucumber Iceberg Lettuce Salad Fixings Sandwich Toppings</p> | <p>*Fruits may include:</p> <p>Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce</p> |
|---|--|

Milk

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

Proud to manage your food service program



**Lunch Prices:
\$2.90**

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

Middle School Lunch Menu– NOVEMBER



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|--|
|  <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>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>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>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p> | 20 Thanksgiving Meal 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 |
| | 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:
 \$

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- NOVEMBER



The Grille

Daily Specialty Items:
 Monday-Grilled Chicken Sandwich
 Tuesday-Cheeseburger on a Bun
 Wednesday-Breaded Chicken Sandwich
 Thursday-Chicken Chunks
 Friday-Cooks Choice

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 wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| | | 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 |
| 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 |
| 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 Hot Dog w/ Sauce Baked Beans Mixed Fruit Fat Free Milk | 21 Thanksgiving Meal 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 includes:
 *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
 The Nutrition Group

Lunch Prices:
 \$

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

