

October

CCSD Elementary & Middle School Individual Serving Menu



Lunch Cost
\$2.00

Hungry? Apply for meal benefits today, by going to MySchoolApps.com

Say NO to Bullying PLEDGE
See something? Say something.
<http://ccsd.net/students/bully>

PAY ONLINE
You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option

Our milk varieties include 1% low fat & fat-free choices.

Nutritious seasonal fresh & cupped fruit served daily.

We offer a variety of vitamin and mineral rich vegetables.

We use heart healthy whole grain breads and rice.

All Menus are subject to change.

MONDAY

Week of Respect
Salsa Fajita Chicken w/Sweet Corn & Tortilla Chips or Bean & Cheese Burrito V
Edamame Applesauce Milk

School Lunch Week
Teriyaki Chicken w/Rice or Bean & Cheese Burrito V
Baby Carrots Applesauce Milk

BBQ Rib Sandwich or Bean & Cheese Burrito V
Fiesta Beans/Green Peas (HT) Applesauce Milk

Chicken Gordita or Bean & Cheese Burrito V
Tater Tots/Fiesta Beans (HT) Applesauce Milk

Teriyaki Chicken Sliders or Bean & Cheese Burrito V
Campfire Beans/Sweet Corn (HT) Pineapple Cup Milk

"TASTE IT" TUESDAY

Double Dog or Grilled Cheese Sandwich V
Green Beans/Tater Tots (HT) Craisins Milk

Cheeseburger Sliders or Grilled Cheese Sandwich V
Green Peas/Campfire Baked Beans (HT) Pineapple String Cheese Milk

Teriyaki Chicken Sliders or Grilled Cheese Sandwich V
Celery w/Ranch Mandarin Orange Cup Yogurt Milk

Hamburger w/bun & Smile Potatoes or Grilled Cheese Sandwich
Baby Carrots w/Ranch Peach Cup Celebration Cookie Milk

Crispy Chicken Filet Sandwich w/bun & Tater Tots or Grilled Cheese Sandwich V
Baby Carrots Craisins Milk

"WELLNESS" WEDNESDAY

Breaded Chicken Drumstick or Bean & Cheese Burrito V
Baby Carrots Mixed Fruit Cup Goldfish Crackers Milk

Chicken Mashed Potato Bowl or Bean & Cheese Burrito V
Baby Carrots w/Ranch Raisels Milk

BBQ Pulled Pork w/Campfire Baked Beans & Dinner Roll or Bean & Cheese Burrito V
Baby Carrots w/Ranch Pineapple Cup Milk

Chicken Tenders (3 pieces) or Bean & Cheese Burrito V
Celery w/Ranch Apple Slices Milk

NATIONAL SCHOOL LUNCH WEEK
October 9-13

THURSDAY

Pepperoni Pizza (Contains Pork) or Grilled Cheese Sandwich V
Green Salad w/Ranch Apple Slices Milk

Pepperoni Pizza (Contains Pork) or Grilled Cheese Sandwich V
Green Salad w/Ranch Orange Slices Milk

Cheese Pizza V or Grilled Cheese Sandwich V
Green Salad w/Ranch Apple Slices Goldfish Crackers Milk

Cheese Pizza V or Grilled Cheese Sandwich V
Green Salad w/Ranch Fresh Grapes Milk

Week of Respect - "Get Your Blue On"
Be an Upstander

FRIDAY

Chicken Nuggets w/Smile Potatoes or Bean & Cheese Burrito V
Celery w/Ranch Orange Slices Doritos Chips Milk

Hot Dog w/bun & Potato Wedges or Bean & Cheese Burrito V
Celery w/Ranch Apple Slices Milk

Beef Mac n' Cheese or Bean & Cheese Burrito V
Baby Carrots w/Ranch Fresh Grapes Milk

NEVADA DAY
BATTLE BORN
No School

This institution is an equal opportunity provider. / Esta institución es un proveedor que ofrece igualdad de oportunidades.