

CHESHIRE HIGH SCHOOL

LUNCH MENU for Lines 1 & 2

Student Lunch Prices | Milk 8 oz is \$.75 10 oz Milk is \$.95
 \$3.10 Meal comes with 8 oz Milk all lines
 \$3.25 Meal comes with 10 oz Milk all lines

October 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>CHOOSE HEALTHY!</u> Chili Cheese Long Dog on N.E. Long Roll Sweet Potato Fries Baked</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Baked Beans</p>	<p>2</p> <p><u>CHOOSE HEALTHY!</u> BBQ SHEPARDS PIE BOWL BBQ Beef, Cheddar Potatoes & Seasoned Mixed Vegetables WW Biscuit Big Daddy's Pizza <u>Healthy Vegetable Options</u> Caesar Salad Seasoned Mixed Vegetables</p>	<p>3</p> <p><u>CHOOSE HEALTHY!</u> WG Pasta w/ Marinara Sauce & Baked Chicken Parmesan w/ Garlic Breadstick Stuffed Crust Pizza</p> <p><u>Healthy Vegetable Options</u> Romaine Chick Pea Salad Fresh Steamed Broccoli</p>	<p>4</p> <p><u>CHOOSE HEALTHY!</u> Beef Meatballs w/ WG 4" Sub Roll</p> <p>8" French Bread Pizza</p> <p><u>Healthy Vegetable Options</u> Spinach Salad w/ Bacon Three Bean Salad</p>	<p>5</p> <p><u>CHOOSE HEALTHY!</u> Chicken Quesadilla w/ Salsa, Steamed Broccoli & Cheddar Cheese Baked Potato Wedges</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Red/Orange Pepper w/ Hummus</p>
<p>Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.</p>				
<p>8</p> <p>Columbus Day</p> 	<p>9</p> <p><u>CHOOSE HEALTHY!</u> Baked Macaroni & Cheese Casserole</p> <p>Big Daddy's Pizza <u>Healthy Vegetable Options</u> Caesar Salad Crunchy Steamed Carrots</p>	<p>10</p> <p><u>CHOOSE HEALTHY!</u> Bread Stick Dunkers with Mozzarella Cheese and Marinara Sauce</p> <p>Twisted Edge Pizza <u>Healthy Vegetable Options</u> Romaine Chick Pea Salad Sweet Corn</p>	<p>11</p> <p><u>CHOOSE HEALTHY!</u> Baked Potato Bar w/Cheddar Cheese Sauce, Chili & Nachos Nacho LS Cheese Sauce w/ Salsa & Nacho Chips 8" French Bread Pizza <u>Healthy Vegetable Options</u> Spinach Salad w/ Bacon Cucumbers w/ Hummus</p>	<p>12</p> <p><u>CHOOSE HEALTHY!</u> Crunchy WG Fish Sticks Garlic Bread Stick Baked Sweet Potatoes</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Seasoned Green Beans</p>

Connecticut Grown for Ct Kids Week

<p>15</p> <p><u>CHOOSE HEALTHY!</u> Sloppy Joes made w/ CT Grown Beef on CT Hamburg Roll w/ Buttered Noodles Wild Mike's Pizza CT & Cheshire Grown Apples - Drazen Orchard <u>Healthy Veggie Options</u> Romaine Spinach Salad Sweet Corn</p> 	<p>16</p> <p><u>CHOOSE HEALTHY!</u> CT Hummel Hotdog on Hot Dog Roll CT Severance Tortilla Chips w/ Cheese Sauce Big Daddy's Pizza CT & Cheshire Grown Apples - Drazen Orchard <u>Healthy Veggie Options</u> Caesar Salad Baked Beans</p> 	<p>17</p> <p><u>CHOOSE HEALTHY!</u> CT Carla's Ravioli CT Raggazino Sauce w/wo CT Grown Meatsauce & Garlic Breadstick Stuffed Crust Pizza CT & Cheshire Grown Apples - Drazen Orchard <u>Healthy Veggie Options</u> Romaine Chick Pea Salad Celery Sticks w/ Hummus</p> 	<p>18</p> <p><u>CHOOSE HEALTHY!</u> CT Grown Beef Nacho's w/ Cheese Sauce & Salsa CT Severance Tortilla Chips Black Bean Salad / Salsa 8" French Bread Pizza CT & Cheshire Grown Apples - Drazen Orchard <u>Healthy Veggie Options</u> Spinach Salad w/ Bacon Veggie Soup w/ Kale</p> 	<p>19</p> <p><u>CHOOSE HEALTHY!</u> Cheshire Perfect Pizza w/ CT Grown Roasted Veggies</p> <p>Crunchy WG Fish & Cheese on CT Hamburg Roll CT & Cheshire Grown Apples - Drazen Orchard <u>Healthy Veggie Options</u> Romaine Spinach Salad Italian Green Beans w/ Tomatoes</p>
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**Connecticut Grown or CT Manufacturered products
 delivered by
 CT Distributor HPC Hartford Provision Company**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 <u>CHOOSE HEALTHY!</u> Baked Finger Lickin' Good Chicken w/ WG Biscuit Sweet Potato Fries Baked</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Sautéed Red Peppers & Onions</p>	<p>23 <u>CHOOSE HEALTHY!</u> Baked Chicken Parmesan on WW Hard Roll</p> <p>Big Daddy's Pizza <u>Healthy Vegetable Options</u> Caesar Salad Cinnamon Butternut Squash</p>	<p>24 <u>CHOOSE HEALTHY!</u> Mexican Taco & Nacho Chips w/ Cheddar Cheese, L&T Brown Rice w/ Black Beans</p> <p>Stuffed Crust Pizza <u>Healthy Vegetable Options</u> Romaine Chick Pea Salad Seasoned Cauliflower</p>	<p>25 <u>CHOOSE HEALTHY!</u> Mozzarella Sticks w/ Marinara Sauce & 2 Wheat Breadsticks</p> <p>8" French Bread Pizza <u>Healthy Vegetable Options</u> Spinach Salad w/ Bacon Coleslaw</p>	<p>26 <u>CHOOSE HEALTHY!</u> Chipotle Chicken Flat Bread Wrap incl Chicken w/ Chipotle Mayo, Cheddar Cheese, L&T, Cukes Baked Crinkle Cut French Fries</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Lentil Soup</p>

Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.

<p>29 <u>CHOOSE HEALTHY!</u> Chili Cheese Long Dog on N.E. Long Roll Sweet Potato Fries Baked</p> <p>Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Baked Beans</p>	<p>30 <u>CHOOSE HEALTHY!</u> MASHED POTATO BOWL Popcorn Chicken, Sweet Corn, Cheddar Potatoes, & LS Gravy WG Biscuit</p> <p>Big Daddy's Pizza <u>Healthy Vegetable Options</u> Caesar Salad Sweet Corn</p>	<p>31 <u>CHOOSE HEALTHY!</u> WG Pasta w/ Marinara Sauce & Baked Chicken Parmesan w/ Garlic Breadstick Twisted Edge Pizza <u>Healthy Vegetable Options</u> Romaine Chick Pea Salad Celery Sticks w/ Hummus</p>	<p>1-Nov <u>CHOOSE HEALTHY!</u> Beef Meatballs w/ WW Sub Roll</p> <p>8" French Bread Pizza <u>Healthy Vegetable Options</u> Spinach Salad w/ Bacon Veggie Soup w/ Kale</p>	<p>2-Nov <u>CHOOSE HEALTHY!</u> Chicken Quesadilla w/ Salsa, Steamed Broccoli & Cheddar Cheese Baked Potato Wedges Wild Mike's Pizza Slice <u>Healthy Vegetable Options</u> Romaine Spinach Salad Italian Green Beans w/ Tomatoes</p>
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Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.

Charging school meals is not allowed at CHS. **Menu subject to change.** **Milk is included in the lunch price.**

Lunch Components offered daily:

<p>One Entrée which includes a Protein Component and Grains Component of which 51% must be Whole Grains</p>	and	<p>One Milk Component 8 oz or 10 oz varieties of skim and non fat milk</p>
<p>2 Vegetable and/or 2 Fruit Component: may be two different vegetables, or may be two different fruits or juices or may be Veg. soup with fruit or vegetable.</p>	<p>Lunch includes veggies and/or a fruits to receive the Lunch Meal Price, otherwise ala carte prices will be charged.</p>	

<p>Lunch must include a veggie and/or a fruit to receive the Lunch Meal Price, otherwise ala carte prices will be charged.</p>	<p>Student Lunch Prices 3 Tier Meal Prices \$3.10 Meal comes with 8 oz Milk all lines \$3.25 Meal comes with 10 oz Milk all lines</p>	<p>Reduced Priced Lunch is \$.40 cents Reduced Priced Breakfast is Free</p>	<p><u>Important Notice:</u> <u>to Parents and Guardians</u> Don't forget to submit a new Free and Reduced Meal Application for 2011/2012. Free and Reduced Breakfast / Lunch Benefits from last year 10-11 end on Oct. 12, 2011.</p>
	<p>\$4.25 Meal comes with 10 oz Milk in Lines 3 - 7 Milk 8 oz is \$.75 10 oz Milk is \$.95</p>		
	<p>Breakfast served daily from 7:00 AM to 7 :25 AM and 1st, 2nd, and 3rd</p>	<p>Adult Milk 8 oz= \$.85, 10 oz = \$ 1.00</p>	<p>\$4.60 Meal comes with Water</p>