

Doris Schneider

CECHS LUNCH MENU 2020-2021

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Oct 9, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Cheeseburger Crinkle Cut Fries Vegetable Juice Fruit Slushes Applesauce in a Bag Chocolate Milk Low Fat Milk	Oct - 2 BBQ Pulled Pork Burg Confetti Coleslaw Baby Carrots Apple Delicious Fresh Oranges Low Fat Milk Chocolate Milk Barbecue Sauce
Oct - 5 Corn Dog Nuggets Tomatoes with Dip Broccoli Florets w/ Dip Sliced Apples and Gra Fresh Orange Smiles Chocolate Milk Low Fat Milk Mustard, PC, MS1538	Oct - 6 Personal Pan Pizza Vegetable Juice Baby Carrots Fresh Cantaloupe Cub Fresh Grapes Chocolate Milk Low Fat Milk Chocolate Chip Cooki	Oct - 7 Grilled Chicken Sandwi Vegetable Juice fantastix cheese Broccoli Florets w/ Dip Fresh Plums Fresh Orange Smiles Chocolate Milk Fat Free Milk Graham Crackers Mayonnaise Mustard, PC, MS1538	Oct - 8 Ham and Cheese on B Vegetable Juice fantastix cheese Frozen Fruit Juice Cup Fruit Slushes Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538	Oct - 9 Chicken Pieces in Hon BBQ Sauce Crinkle Cut Fries Baked Beans Green Beans Frozen Fruit Juice Cup Fresh Pears Rolls, Enriched Flour M Chocolate Milk Low Fat Milk
Oct - 12 Buffalo Chicken Wings Crinkle Cut Fries Vegetable Juice Fresh Cantaloupe Cub Fresh Grapes Crispy Toast Fat Free Milk Strawberry Milk	Oct - 13 Beef Steak Burger Tomatoes with Dip Cucumber Sticks W/Di Fresh Grapes Fresh Orange Smiles Chocolate Milk Fat Free Milk Mayonnaise Mustard, PC, MS1538	Oct - 14 Personal Pan Pizza Whole Kernel Corn Broccoli Florets w/ Dip Fresh Oranges Fresh Apples Chocolate Milk Low Fat Milk	Oct - 15 Hot Dog Baked Beans Cucumber Sticks W/Di Fruit Slushes Applesauce in a Bag Chocolate Milk Low Fat Milk Mustard, PC, MS1538 Ketchup Graham Crackers	Oct - 16 Chef Salad Fruit Slushes Frozen Fruit Juice Cup Chocolate Chip Cooki Yeast Roll Chocolate Milk Low Fat Milk
Oct - 19 Southern Chicken Cutlet Sandwich Baby Carrots Crinkle Cut Fries Fresh Plums Chocolate Milk Fat Free Milk Mayonnaise Mustard, PC, MS1538	Oct - 20 BBQ Rib Sandwich fantastix cheese Baby Carrots Sliced Strawberries Chocolate Milk Low Fat Milk	Oct - 21 Chicken Nuggets Steamed Fresh Brocco Celery Sticks with Dip Sliced Apples and Gra Fresh Orange Smiles Chocolate Milk Fat Free Milk Crispy Toast Honey Mustard Sauce Sweet and Sour Sauce	Oct - 22 Chicken Quesadillas Baby Carrots w/ Dressi Green Beans Salsa Fruit Slushes Flavored Raisins Vanilla Fat Free Milk Low Fat Milk Chocolate Chip Cooki	Oct - 23 Ham and Cheese on B Vegetable Juice Baked Beans Frozen Fruit Juice Cup Fruit Slushes Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538
Oct - 26 Buffalo Chicken Wings Crinkle Cut Fries Vegetable Juice Fresh Pineapple Cube Fresh Grapes Chocolate Milk Fat Free Milk Hot Sauce Ranch Dressing Whole Wheat Roll	Oct - 27 Hot Dog fantastix cheese Tomato & Cucumber S Fruit Slushes Applesauce in a Bag Chocolate Milk Low Fat Milk Mustard, PC, MS1538 Ketchup	Oct - 28 Corn Dog Nuggets Baked Beans Broccoli Florets w/ Dip Sliced Apples and Gra Fresh Orange Smiles Chocolate Milk Low Fat Milk Mustard, PC, MS1538	Oct - 29 Crispy Chicken Tender fantastix cheese Baby Carrots Applesauce Fruit Slushes Crispy Toast Chocolate Milk Low Fat Milk Honey Mustard Sauce	Oct - 30 BBQ Pulled Pork Burg Confetti Coleslaw Baby Carrots Apple Delicious Fresh Oranges Low Fat Milk Chocolate Milk Barbecue Sauce

MENUS ARE SUBJECT TO CHANGE
THIS INSTITUTION IS EQUAL OPPORTUNITY PROVIDER

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.