

OCTOBER

LUNCH

CESAR CHAVEZ HIGH SCHOOL

C3S - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				MEATLOAF W/TOMATO SAUCE Hamburger Bun ^ PIZZA DIPPERS ^ Marinara Dipping Sauce DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Croutons ^ Breadstick ^ Broccoli Florets Baby Carrots Ranch Dressing Fresh Banana Apple-Cranberry Juice Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Green Beans Broccoli Florets Ranch Dressing Applesauce Blended Fruit Juice Red Grapes Vanilla Cookie ^ Light Mayonnaise Choice of Milk	DOMINO'S PEPPERONI PIZZA TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Corn Sun Splash Veggie Juice Diced Peaches Grape Juice Fresh Pear Mustard Choice of Milk	GRILLED CHEESE PANINI ^ TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Romaine Salad French Dressing Corn Fresh Banana Apple-Cranberry Juice Applesauce Light Mayonnaise Choice of Milk Fritos ^	CHEESEBURGER Hamburger Bun ^ TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Potato Wedges Baby Carrots (2) Ranch Dressing Sliced Apples Orange Juice Diced Pears Mustard Ketchup Choice of Milk	NO SCHOOL CRISPY CHICKEN PATTY ^ Hamburger Bun ^ TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Baked Beans Celery Sticks Ranch Dressing Diced Peaches Blended Fruit Juice Fresh Pineapple Light Mayonnaise BBQ Sauce Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
NATIONAL SCHOOL LUNCH WEEK PIZZA DIPPERS ^ Marinara Dipping Sauce Sun Splash Veggie Juice DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Grape Tomatoes Croutons ^ French Dressing Diced Peaches Grape Juice Sliced Apples Chocolate Cookie ^ Choice of Milk	DOMINO'S CHEESE PIZZA Mixed Vegetables Baby Carrots Ranch Dressing DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Red Peppers Croutons ^ French Dressing Breadstick ^ Applesauce Blended Fruit Juice Fresh Honey Dew BBQ Sauce Choice of Milk	*GLOBAL BITES* MOROCCAN MEATBALLS W/PEARL COUSCOUS Broccoli DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Grape Tomatoes Croutons ^ Italian Dressing Fresh Banana Diced Peaches Apple-Cranberry Juice Vanilla Cookie ^ Choice of Milk	HOT DOG Hot Dog Bun ^ Potato Rounds Celery Sticks Ranch Dressing DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Red Peppers Croutons ^ French Dressing Fresh Plum Diced Pears Orange Juice Fritos ^ Ketchup Mustard Choice of Milk	CHICKEN DRUMSTICK Baked Beans Baby Carrots (2) Ranch Dressing DICED CHICKEN ENTREE SALAD 1oz Shredded Cheddar Cheese Romaine Salad Grape Tomatoes Croutons ^ French Dressing Cornbread ^ Diced Pears Blended Fruit Juice Red Grapes BBQ Sauce Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
NATIONAL PASTA DAY MAC & CHEESE ^ Breadstick ^ TURKEY BOLOGNA & CHEESE PROTEIN BOX Hamburger Bun ^ Broccoli Red Pepper Strips Ranch Dressing Orange Juice Diced Pears Fresh Watermelon Mustard Choice of Milk	DOMINO'S CHEESE PIZZA TURKEY BOLOGNA & CHEESE PROTEIN BOX Hamburger Bun ^ Broccoli Red Pepper Strips Ranch Dressing Orange Juice Diced Pears Fresh Watermelon Mustard Choice of Milk	CRISPY CHICKEN PATTY ^ TURKEY BOLOGNA & CHEESE PROTEIN BOX Hamburger Bun ^ Baked Beans Broccoli Florets Ranch Dressing Diced Peaches Apple-Cranberry Juice Fresh Banana Cheddar Sun Chips ^ Mustard BBQ Sauce Choice of Milk	CHEESY TACO MEAT Tortilla Rounds ^ TURKEY BOLOGNA & CHEESE PROTEIN BOX Hamburger Bun ^ Corn Celery Sticks Ranch Dressing Red Grapes Blended Fruit Juice Diced Pears Vanilla Cookie ^ BBQ Sauce Ketchup Taco Sauce Choice of Milk	CHARBROILED HAMBURGER TURKEY BOLOGNA & CHEESE PROTEIN BOX Hamburger Bun ^ French Fries Grape Tomatoes Fresh Pear Apple-Cranberry Juice Diced Peaches Fritos ^ Mustard Ketchup Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
	DOMINO'S CHEESE PIZZA Broccoli Baby Carrots (2) Ranch Dressing CHEESY TACO SALAD 1oz Shredded Cheddar Cheese Romaine Salad Salsa Cup Cornbread ^ Diced Pears Red Grapes Orange Juice Choice of Milk	BBQ CHICKEN TATER TOT-CHOS CHEESY TACO SALAD 1oz Shredded Cheddar Cheese Romaine Salad Salsa Cup Tortilla Rounds ^ Sun Splash Veggie Juice Fresh Banana Blended Fruit Juice Diced Peaches Vanilla Cookie ^ Choice of Milk	SALISBURY STEAK W/ GRAVY Hamburger Bun ^ Mashed Potatoes Broccoli Florets CHEESY TACO SALAD 1oz Shredded Cheddar Cheese Romaine Salad Salsa Cup Cornbread ^ Sliced Apples Apple-Cranberry Juice Diced Pears Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Baked Beans CHEESY TACO SALAD 1oz Shredded Cheddar Cheese Romaine Salad Salsa Cup Baby Carrots Tortilla Rounds ^ Diced Peaches Fresh Cantaloupe Orange Juice Vanilla Cookie ^ Choice of Milk

PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Celery Sticks Ranch Dressing CHEESY TACO SALAD 1oz Shredded Cheddar Cheese Romaine Salad Salsa Cup Cornbread ^ Applesauce Grape Juice Fresh Pear Mustard Choice of Milk				
ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **				
^ Denotes item is whole-grain/whole wheat				
*** This institution is an equal opportunity provider.				
Find your school's menus online at: preferredmealsmenu.com				

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