



chartwells
Discovery
KITCHEN

CAIRO JR. SR. HIGH SCHOOL: AUGUST 2019 9-12 lunch

Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 1% milk & skim flavored milk are offered daily. Each meal will offer main entrée, 1 cup of vegetables & 1 cup of fruit. | Fresh Fruit Offered Daily | | 1. | 2. |
| 5. | 6. | 7. | 8. | 9. Teacher institute Day No School |
| 12. Chicken Nuggets Ranch Dressing Dinner Roll Waffle Fries Fresh Carrots Mixed Fruit Caesar Salad | 13 Taco Tuesday Soft Shell Tacos Tater Tots Cherry Tomatoes Pineapple Tidbits Caesar Salad | 14. Hot Dog on Bun Macaroni & Cheese Boston Baked Beans Oven Fries Chilled Peaches Caesar Salad | 15. Home-style Meatloaf Dinner Rolls Mashed Potatoes Broccoli w/ Cheese Apple Juice Caesar Salad | 16. Brooklyn Style Flat bread Peperoni Pizza Savory Green Beans Caesar Salad Kiwi Blue Raspberry Sidekick |
| 19. Popcorn Chicken Dinner Roll Hash Brown Patty Fresh Carrots Baked Apple Slices Spinach Cranberry Salad | 20. Taco Tuesday Beef Nachos Tater Tots Mexican Refried Beans Fruit Punch Juice Spinach Cranberry Salad | 21. Beef Ravioli Dinner Rolls Green Beans Fresh Broccoli Florets Mandarin Oranges & Pineapples Spinach Cranberry Salad | 22. Chicken Pot Pie over a Biscuit Mashed Potatoes Fresh Grape Tomatoes Fresh Orange Wedges Spinach Cranberry Salad | 23. Classic Pepperoni Pizza Oven Fries Marinated Cucumbers Rosy Applesauce Spinach Cranberry Salad |
| 26. Chicken Parmesan Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Chilled Peaches Caesar Salad | 27. Soft Shell Tacos w/ Shredded lettuce Tater Tots Refried Beans Mandarin Oranges w/ Pineapple Tidbits Caesar Salad | 28. Cheese Stuffed Breadsticks w/ Marinara Seasoned Corn Fresh Baby Carrots Pears & Strawberries Caesar Salad | 29. Chicken Tenders w/ Peppered Gravy Buttered Toast Baked Oven Fries Marinated Cucumbers Fresh Red Grape Caesar Salad | 30. Pepperoni Pizza Savory Green Beans Carrot & Celery Sticks w/ Ranch Dressing Blue Raspberry Sidekick Caesar Salad |

| 1Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| Turkey Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza Three Cheese Pretzel Bun | Turkey Ham Chef Salad w/ Dinner Roll ,Croutons Cheese & Buffalo Pizza Cheeseburger on Bun | Turkey Ham Chef Salad w/ Dinner Roll, Croutons Cheese & Pepperoni Pizza Crispy Chicken Patty | Turkey, Ham Chef Salad w/Dinner Roll, Croutons Cheese & Hawaiian Pizza Corn Dog | Turkey, Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza Spicy Chicken Sandwich |



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Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

